

Primitive Phyl^{ix}ick:

OR, AN

EASY and NATURAL

METHOD

OF

CURING most DISEASES.

The Fifth EDITION, corrected and enlarged.

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Primitive Psychology

METHUEN



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THE PREFACE.

*** WHEN MAN came first out of the
 * W * Hands of the Great Creator,
 * * * cloath'd in Body as well as in
 * * * Soul, with Immortality and In-
 corruption, there was no Place for Physick,
 or the Art of Healing. As he knew no Sin,
 so he knew no Pain, no Sickness, Weakness,
 or Bodily Disorder. The Habitation where-
 in the Angelick Mind, the *Divina Particula*
Auræ abode, altho' originally formed out
 of the Dust of the Earth, was liable to no
 Decay. It had no Seeds of Corruption or
 Dissolution within itself. And there was
 Nothing without to Injure it: Heaven and
 Earth and all the Hosts of them were mild,
 benign and friendly to Human Nature. The
 entire Creation was at Peace with Man, so

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long

long as Man was at Peace with his Creator. So that well might the Morning Stars sing together, and all the Sons of God shout for Joy.

2. BUT since Man rebell'd against the Sovereign of Heaven and Earth, how entirely is the Scene changed? The incorruptible Frame hath put on Corruption, the Immortal has put on Mortality. The Seeds of Weakness and Pain, of Sickness and Death, are now lodged in our inmost Substance: Whence a thousand Disorders continually spring, even without the Aid of external Violence. And how is the Number of these increased, by every Thing round about us? The Heavens, the Earth, and all Things contained therein, conspire to punish the Rebels against their Creator. The Sun and Moon shed unwholesome Influences from above; the Earth exhales poisonous Damps from beneath: The Beasts of the Field, the Birds of the Air, the Fishes of the Sea, are in a State of Hostility: The Air itself, that surrounds us on every Side, is replete with the Shafts of Death: Yea, the Food we eat, daily saps the Foundation of the Life, which cannot be sustained without it. So has the LORD of All secured the Execution of his Decree, "Dust thou art, and unto Dust shalt thou return."

3. BUT

3. BUT can there Nothing be found to lessen those Inconveniences, which cannot be wholly removed? To soften the Evils of Life, and prevent in Part the Sickness and Pain to which we are continually exposed? Without Question there may. One grand Preventive of Pain and Sickness of various Kinds, seems intimated by the Great Author of Nature, in the very Sentence that intails Death upon us: "In the Sweat of thy Face shalt thou eat Bread, 'till thou return to the Ground." The Power of Exercise both to preserve and restore Health, is greater than can well be conceived: Especially in those who add Temperance thereto; who if they do not confine themselves altogether to eat either "Bread or the Herb of the Field," (which God does not require them to do) yet steadily observe both that Kind and Measure of Food, which Experience shews to be most friendly to Health and Strength.

4. 'Tis probable PHYSICK, as well as RELIGION, was in the first Ages chiefly traditional: Every Father delivering down to his Sons, what he had himself in like Manner received, concerning the Manner of Healing both outward Hurts, and the Diseases incident to each Climate, and the Medicines which were of the greatest Efficacy for the Cure of each Disorder. 'Tis

certain, this is the Method wherein the Art of Healing is preserved among the *Americans* to this Day. Their Diseases indeed are exceeding few; nor do they often occur, by Reason of their continual Exercise, and ('till of late, universal) Temperance. But if any is sick, or bit by a Serpent, or torn by a wild Beast, the Fathers immediately tell their Children what Remedy to apply. And 'tis rare, that the Patient suffers long; those Medicines being quick, as well as generally infallible.

5. HENCE perhaps it was that the Ancients, not only of *Greece* and *Rome*, but even of barbarous Nations, usually assigned Physick a Divine Original. And indeed it was a natural Thought, That He who had taught it to the very Beasts and Birds, the *Cretan* Stag, the *Egyptian* Ibis, could not be wanting to teach Man,

Sanctius his Animal, mentisque capacius altæ:

Yea, sometimes, even by those meaner Creatures: For it was easy to infer, "If this will heal that Creature, whose Flesh is nearly of the same Texture with mine, then in a parallel Case it will heal me." The Trial was made. The Cure was wrought. And Experience and Physick grew up together.

6. AND

6. AND has not the Author of Nature taught us the Use of many other Medicines, by what is vulgarly termed Accident? Thus One walking some Years since in a Grove of Pines, at a Time when many in the neighbouring Town were afflicted with a Kind of new Distemper, little Sores in the Inside of the Mouth, a Drop of natural Gum fell from one of the Trees, on the Book which he was reading. This he took up, and thoughtlessly applied it to one of those sore Places. Finding the Pain immediately cease, he applied it to another, which was also presently healed. The same Remedy he afterwards imparted to others, and it did not fail to heal any that applied it. And doubtless numberless Remedies have been thus casually discovered in every Age and Nation.

7. THUS far Physick was wholly founded on Experiment. The *European*, as well as the *American*, said to his Neighbour, Are you sick? Drink the Juice of this Herb, and your Sickneſs will be at an End. Are you in a burning Heat? Leap into that River, and then ſweat 'till you are well. Has the Snake bitten you? Chew and apply that Root, and the Poiſon will not hurt you. Thus ancient Men, having a little Experience, joined with Common Senſe, and Common Humanity, cured both themſelves and their

their Neighbours, of most of the Distempers to which every Nation was subject.

8. BUT in Proceſs of Time, Men of a philosophical Turn, were not ſatisfied with this. They began to enquire, How they might account for theſe Things? How ſuch Medicines wrought ſuch Effects? They examined the Human Body, and all its Parts; the Nature of the Fleſh, Veins, Arteries, Nerves; the Structure of the Brain, Heart, Lungs, Stomach, Bowels; with the Springs of the ſeveral Animal Functions. They explored the ſeveral Kinds of Animal and Mineral, as well as Vegetable Subſtances. And hence the whole Order of Phyſick which had obtained to that Time, came gradually to be inverted. Men of Learning began to ſet Experience aſide; to build Phyſick upon Hypotheſes; to form Theories of Diſeaſes and their Cure, and to ſubſtitute theſe in the Place of Experiments.

9. As Theories increaſed, ſimple Medicines were more and more diſregarded and diſuſed; 'till, in a Courſe of Years, the greater Part of them were forgotten, at leaſt in the politer Nations. In the Room of theſe, Abundance of New Ones were introduced, by reaſoning, ſpeculative Men; and thoſe more and more difficult to be applied,

as

as being more remote from Common Observation. Hence Rules for the Application of these, and Medical Books were immensely multiplied; 'till at length Physick became an abstruse Science, quite out of the Reach of Ordinary Men.

10. PHYSICIANS now began to be had in Admiration, as Persons who were something more than Human. And Profit attended their Employ, as well as Honour; so that they had now Two Weighty Reasons for keeping the Bulk of Mankind at a Distance, that they might not pry into the Mysteries of the Profession. To this End, they increased those Difficulties by Design, which began in a Manner by Accident. They filled their Writings with Abundance of Technical Terms, utterly unintelligible to plain Men. They affected to deliver their Rules, and to reason upon them, in an abstruse and philosophical Manner. They represented the critical Knowledge of Anatomy, Natural Philosophy (and what not? Some of them insisting on that of Astronomy and Astrology too) as necessarily previous to the understanding the Art of Healing. Those who understood only, How to restore the Sick to Health, they branded with the Name of Empiricks. They introduced into Practice, Abundance of Compound Medicines, consisting of so many Ingredients,

Ingredients, that it was scarce possible for common People to know which it was that wrought a Cure: Abundance of Exoticks, neither the Nature nor Names of which their own Countrymen understood: Of Chymicals, such as they neither had Skill, nor Fortune, nor Time, to prepare: Yea, and of Dangerous Ones, such as they could not use, without hazarding Life, but by the Advice of a Physician. And thus both their Honour and Gain were secured; a vast Majority of Mankind being utterly cut off from helping either themselves or their Neighbours, or once daring to attempt it.

III. Yet there have not been wanting from Time to Time, some Lovers of Mankind, who have endeavoured (even contrary to their own Interest) to reduce Physick to its ancient Standard: Who have laboured to explode out of it all Hypotheses, and fine-spun Theories, and to make it a plain intelligible Thing, as it was in the Beginning: Having no more Mystery in it than this: "Such a Medicine removes such a Pain." These have demonstrably shewn, That neither the Knowledge of Astrology, Astronomy, Natural Philosophy, nor even Anatomy itself, is absolutely necessary to the quick and effectual Cure of most Diseases incident to Human Bodies: Nor yet any Chymical, or Exotick, or Compound Medicine,

Medicine, but a single Plant or Fruit duly applied. So that every Man of Common Sense (unless in some rare Cases) may prescribe either to himself or his Neighbour, and may be very secure from doing Harm, even where he can do no Good.

12. EVEN in the last Age there was something of this Kind done, particularly by the great and good Dr. Sydenham. And in the present, by his Pupil, Dr. Devery, who has pointed out simple Medicines for many Diseases. And some such may be found in the Writings of the learned and ingenious Dr. Cheyne. Who doubtless would have communicated many more to the World, but for the melancholy Reason he gave one of his Friends, that prest him with some Passages in his Works, which too much countenanced the modern Practice, "O Sir! We must do something to oblige the Faculty, or they will tear us in Pieces."

13. WITHOUT any Regard to this, without any Concern about the obliging or dis-obliging any Man living, a mean Hand has made here some little Attempt, toward a plain and easy Way of curing most Diseases. I have only consulted herein, Experience, common Sense, and the common Interest of Mankind. And supposing they can be cured this easy Way, who would desire to use any other?

other? Who would not wish to have a Physician always in his House, and one that attends without Fee or Reward? To be able (unless in some few complicated Cases) to prescribe to his Family, as well as himself?

14. If it be said, But what Need is there of such an Attempt? I answer, The greatest that can possibly be conceived. Is it not needful in the highest Degree, to rescue Men from the Jaws of Destruction? From wasting their Fortunes, as Thousands have done, and continue to daily? From pining away in Sickness and Pain, either through the Ignorance or Knavery of Physicians? Yea, and many Times throwing away their Lives, after their Health, and Time, and Substance?

Is it inquired, But are there not Books enough already, on every Part of the Art of Medicine? Yes, too many, ten Times over, considering how little to the Purpose the far greater Part of them speak. But beside this, they are too dear for poor Men to buy, and too hard for plain Men to understand. Do you say, But there are enough of these Collections of Receipts. Where? I have not seen One yet, either in our own or any other Tongue, which contains only Safe and Cheap and Easy Medicines. In all that have yet fallen into my Hands, I find many dear and many far-fetch'd Medicines; many of so dangerous

dangerous a Kind, as a prudent Man would never meddle with. And against the greater Part of those Medicines there is a further Objection; They consist of too many Ingredients. This Common Method of compounding and decompounding Medicines, can never be reconciled to Common Sense. Experience shews, That One Thing will cure most Disorders, at least as well as Twenty put together. Then why do you add the other Nineteen? Only to swell the Apothecary's Bill: Nay, possibly, on Purpose to prolong the Distemper, that the Doctor and he may divide the Spoil.

BUT admitting there is some Quality in the Medicine proposed, which has need to be corrected: Will not One Thing correct it, as well as Twenty? It is probable, much better. And if not there is Sufficiency of other Medicines, which needed no such Correction.

How often, by thus compounding Medicines of Opposite Qualities, is the Virtue of both utterly destroyed? Nay, how often do those joined together destroy Life, which single might have preserved it? This occasioned that Caution of the great *Boerhaave*, against mixing Things without evident Necessity, and without full Proof of the Effect they will produce when joined together, as

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well

well as of that they produced when afunder : Seeing (as he obferves) feveral Things, which feparately taken, are fafe and powerful Medicines, when compounded not only lofe their former Powers, but commence a ftrong and deadly Poifon.

15. As to the Manner of uſing the Medicines here ſet down, I ſhould adviſe, as ſoon as you know your Diſtemper, (which is very eaſy, unleſs in a Complication of Diſorders, and then you would do well to apply to a Phyſician that fears God) Firſt, Uſe the Firſt of the Remedies for that Diſeaſe which occurs in the enſuing Collection; (unleſs ſome other of them be eaſier to be had, and then it may do juſt as well.) Secondly, After a competent Time, if it takes no Effect, uſe the Second, the Third, and ſo on. I have purpoſely ſet down (in moſt Caſes) ſeveral Remedies for each Diſorder; Not only becauſe All are not equally eaſy to be procured at all Times and in all Places: But likewise becauſe the Medicine which cures One Man, will not always cure another of the ſame Diſtemper. Nor will it cure the ſame Man at all Times. Therefore it was neceſſary to have a Variety. However, I have ſubjoin'd the Letter *I.* to thoſe Medicines, which are ſaid to be infallible.— Thirdly, Obſerve all the Time the greateſt Exactneſs in your Regimen, or Manner of Living.

Living. Abstain from all Mixt, all High-season'd Food. Use plain Diet, easy of Digestion : And this as sparingly as you can, consistent with Ease and Strength. Drink only Water, if it agrees with your Stomach ; If not, good, clear Small-beer. Use as much Exercise daily, in the open Air, as you can without Weariness. Sup at Six or Seven on the lightest Food : Go to Bed early, and rise betimes. To persevere with Steadiness in this Course, is often more than half the Cure. Above all, add to the rest, (for it is not Labour lost) that Old, Unfashionable Medicine, PRAYER. And have Faith in God, who " killeth and maketh alive, who " bringeth down to the Grave and bringeth " up."

16. For the Sake of those who desire, through the Blessing of God to retain the Health which they have recovered, I have added a few plain easy Rules, chiefly transcribed from Dr. Gheyne.

I. 1. THE Air we breathe is of great Consequence to our Health. Those who have been long abroad in Easterly or Northerly Winds, should drink some thin and warm Liquor going to Bed; or a Draught of Toast and Water.

2. Tender People should have those who lie with them or are much about them, sound, sweet and healthy.

3. Every one that would preserve Health, should be as clean and sweet as possible in their Houses, Cloaths and Furniture.

II. 1. THE great Rule of Eating and Drinking is, To suit the Quality and Quantity of the Food to the Strength of our Digestion ; to take always such a Sort and such a Measure of Food, as sits light and easy on the Stomach.

2. All Pickled or Smoaked or Salted Food, and all high-season'd is unwholsome.

3. Nothing conduces more to Health, than Abstinence and plain Food with due Labour.

4. For studious Persons, about eight Ounces of Animal Food, and twelve of Vegetable in Twenty-four Hours is sufficient.

5. Water is the wholsomest of all Drinks ; quickens the Appetite and strengthens the Digestion most.

6. Strong, and more especially spirituous Liquors, are a certain tho' slow Poison.

7. Experience

7. Experience shews, there is no Manner of Danger, in leaving them off all at once.

8. Strong Liquors do not prevent the Mischiefs of a Surfeit, nor carry it off so safely as Water.

9. Malt Liquors (except clear Small-beer of a due Age) are exceeding hurtful to tender Persons.

10. Coffee and Tea are extremely hurtful to Persons who have weak Nerves.

III. 1. TENDER Persons should eat very light Suppers; and those two or three Hours before going to Bed.

2. They ought constantly to go to Bed about Nine, and to rise at Four or Five.

IV. 1. A due Degree of Exercise is indispensably necessary to Health and long Life.

2. Walking is the best Exercise for those who are able to bear it, Riding for those who are not. The open Air, when the Weather is fair, contributes much to the Benefit of Exercise.

3. We may strengthen any weak Part of the Body by constant Exercise. Thus the Lungs may be strengthened by loud speaking or walking up an easy Ascent: The Digestion, and the Nerves by Riding. The Arms or Hams by strongly rubbing them daily.

4. The Studious ought to have stated Times for Exercise, at least two or three Hours a Day: The one Half of this before Dinner, the other, before going to Bed.

5. They should frequently shave, and frequently wash their Feet.

6. Those who read or write much should learn to do it standing; otherwise it will impair their Health.

7. The fewer Cloaths any one uses, by Day or Night, the hardier he will be.

8. Exercise, first, should be always on an empty Stomach; Secondly, should never be continued to Weariness; Thirdly, after it, we should take Care to cool by Degrees. Otherwise we shall catch Cold.

9. The Flesh-brush is a most useful Exercise, especially to strengthen any Part that is weak.

10. Cold-

10. Cold-bathing is of great Advantage to Health. It prevents Abundance of Diseases. It promotes Perspiration, helps the Circulation of the Blood, and prevents the Danger of catching Cold. Tender People should pour Water upon the Head before they go in, and walk in swiftly. To jump in with the Head foremost, is too great a Shock to Nature.

V. 1. COSTIVENESS cannot long consist with Health. Therefore Care should be taken to remove it at the Beginning: And when it is removed, to prevent its Return, by soft, cool, opening Diet.

2. Obstructed Perspiration (vulgarly called Catching Cold) is one great Source of Diseases. Whenever there appears the least Sign of this let it be removed by gentle Sweats.

VI. 1. THE Passions have a greater Influence on Health than most People are aware of.

2. All violent and sudden Passions dispose to, or actually throw People into Acute Diseases.

3. The

3. The slow and lasting Passions, such as Grief and hopeleſs Love, bring on Chronical Diſeaſes.

4. 'Till the Paſſion which cauſed the Diſeaſe is calm'd, Medicine is applied in vain.

5. The Love of God, as it is the Sovereign Remedy of all Miſeries, ſo in particular it effectually prevents all the Bodily Diſorders the Paſſions introduce, by keeping the Paſſions themſelves within due Bounds. And by the unſpeakable Joy and perfect Calm, Serenity and Tranquillity it gives the Mind, it becomes the moſt powerful of all the Means of Health and Long Life.

LONDON, June 11,

1747.





A
COLLECTION
OF
RECEIPTS.

I. ABORTION, (*to prevent*)

USE daily a Decoction of *Lignum Guaiacum*.

II. For an AGUE. ^a

1. Go into the *Cold Bath* just before the Cold Fit.

C

3. Or,

^a An *Ague* is, An intermitting Fever, each Fit of which is preceded by a cold Shivering and goes off in Sweat.

3. Or, take a Handful of *Groundsell*, shred it small, put it into a Paper Bag, four Inches square, pricking that Side which is to be next the Skin full of Holes. Cover this with a thin Linnen, and wear it on the Pit of the Stomach, renewing it two Hours before the Fit : Tried.
4. Or, Apply a Handful of *Yarrow* in like Manner :
5. Or, a large *Onion* slit :
6. Or boil *Yarrow* in new Milk, 'till it is tender enough to spread as a Plaister. An Hour before the cold Fit, apply this to the Wrists, and let it be on, 'till the hot Fit is over. If another Fit comes use a fresh Plaister : This often cures a *Quartan*.
7. Or, drink a Quart of *cold Water*, just before the cold Fit. Then go to Bed and sweat :
8. Or, make six middling Pills, of *Cobwebs*. Take one a little before the cold Fit. Two a little before the next Fit : The other three, if Need be, a little before the third Fit. I never knew this fail :
9. Or, two Tea-spoonfuls of *Sal Prunella* an Hour before the Fit. It commonly cures in thrice taking :
10. Or, a Tea-spoonful of *Spirits of Hartshorn*, in a Glass of Water :
11. Or, Eat a *Lemon*, Rind and all :
12. Or, drink a Pint of Decoction of *Camomile* sweetned

sweetned with *Treacle*. Take it warm in Bed, and sweat two Hours.

- ☞ It is proper to take a gentle Vomit before you use any of these Medicines. If this is taken two Hours before the Fit is expected, it generally prevents that Fit, and sometimes cures an *Ague*: Especially in Children. — It is also proper to repeat the Medicine (whatever it be) about a Week after, in order to prevent a Relapse.

III. A TERTIAN AGUE.^b

13. Boil a handful of *Ribwort* in Whey. Drink this warm an Hour before the Fit comes, and lie down and sweat :
14. Or, use the *Cold Bath*. (Unless you are of an advanced Age, or extremely weak.) But when you use this, on any Account whatever, it is proper,
 1. To bleed or purge, before you begin :
 2. To go in cool ; to immerge at once ; to stay in only two or three Minutes, (or less at first.)
 3. Never to bathe on a full Stomach :
 4. To bathe twice or thrice a Week at least, 'till you have bathed nine or ten Times :
 5. To sweat immediately after it (going to Bed) in Palsies, Rickets, and

C 2

all

^b That is, An *Ague* which returns every other Day. In this use light and sparing Diet on the Day between.

all Diseases wherein the Nerves are obstructed :

6. You may use yourself to it, without any Danger, by beginning in *May*, and at first just plunging in, and coming out immediately. Tho' many have begun in Winter, without any Inconvenience.

IV. A QUARTAN AGUE.^c

15. Apply to the Suture of the Head, when the Fit is coming, *Wall July Flowers* beating together Leaves and Flowers with a little Salt. Keep it on 'till the hot Fit is over. Repeat this, if Need be.


16. Use *strong Exercise* (as Riding or Walking, as far as you can bear it) an Hour or two before the Fit. If possible, continue it 'till the Fit begins. This alone will frequently cure.

17. Or, apply to the Wrists a Plaister of *Turpentine* : Or of bruised *Garlick* :

18. Or, bruised *Pepper*, mixt with *Treacle*.

V. St. ANTHONY'S FIRE.^d

19. Take a Glas of *Tar-Water* warm, in Bed, every Hour, washing the Part with the same.

 *Tar*

^c That is, An *Ague* which misses two Days, coming on *Monday* (suppose) and again on *Thursday*.

^d *St. Anthony's Fire* is a Fever attended with a Red, and

☞ *Tar-Water* is made thus.—Put a Gallon of cold Water to a Quart of *Norway Tar*. Stir them together with a flat Stick for five or six Minutes. After it has stood cover'd for three Days, pour off the Water clear, bottle and cork it.

20. Or, drink a pint of *Sea-Water* every Morning for seven Days. It seldom fails.

21. Or, take a Decoction of *Elder-Leaves*, as a Sweat :

22. Or, of *Wild Thyme*, applying to the Part a Cloath dipt in *Lime Water*, mixt with a little *camphorated Spirits* of Wine.

☞ *Lime-Water* is made thus.—Infuse a Pound of good quick Lime, in six Quarts of Spring Water for twenty-four Hours. Decant and keep it for Use.

23. Or, take two or three gentle *Purges*. No acute Fever bears repeated *Purges* better than this, especially when it affects the Head.

24. Or, (using the Internal Medicine at the same Time) apply a Plaister of *Venice Treacle* :

25. Or, wash it with Water wherein Bran is boiled :

26. Or, boil a handful of *Sage*, two handfuls of *Elder-Leaves* (or *Bark*) and an

C 3

Ounce

and painful Swelling, full of *Pimples*, which afterwards turn into *small Blisters*, on the Face or some other Part of the Body. The sooner the Eruption is, the less Danger.—Let your Diet be only *Water-Gruel*, or *Barley-Broth*, with roasted Apples.

Ounce of *Alum* in two Quarts of Forge Water, to a Pint. Anoint with this every Night.

VI. The APOPLEXY. °

27. To prevent, use the *Cold Bath*, and drink only Water.
28. In the Fit, blow Powder of *White Hellebore* up the Nose, and fix a *Cupping Glass*, without scarifying, to the Nape of the Neck, and another to each Shoulder. But send for a good Physician immediately.
29. If the Fit be soon after a Meal, do not bleed, but vomit.
30. Rub the Head, Feet, and Hands strongly, and let two strong Men carry the Patient upright, backwards and forward about the Room.
31. A *Seton* in the Neck, with low Diet, has often prevented a Relapse.

VII. CANINE APPETITE. †

32. "If it be without Vomiting is often cured, by a small Piece of Bread dipt in *Wine*, and applied to the Nostrils." Dr. *Schomberg*.

VIII. The

° An *Apoplexy* is, A total Loss of all Senses, and voluntary Motion, commonly attended with a strong Pulse, hard breathing and snorting.

† An insatiable Desire of Eating.

VIII. The ASTHMA. ⁸

33. Take a Pint of *Cold Water* every Night, as you lie down in Bed:
34. Or, a Pint of *Cold Water* every Morning, *washing* the Head therein immediately after, and using the *Cold Bath* once a Fortnight:
35. Or, half a Pint of *Tar Water* twice a Day:
36. Or drink a Pint of *Sea-Water* every Morning:
37. Or, live a Fortnight on boiled *Carrots* only. It seldom fails.
38. Or, a Spoonful of *Nettle-juice*, mixt with clarified *Honey*:
39. Or, take an Ounce of *Quick-silver* every Morning, and a Spoonful of the *Gas* of *Sulphur*, in a large Glass of *Spring-Water* at Five in the Evening, and at Bed-time, 'till you are well. *I.*
40. For present Relief, Vomit with a Quart or more of *warm Water*. The more you drink of it the better.
- ☞ Do this whenever you find any Motion to vomit, and take Care always to keep your Body open.

IX. A

* An *Asthma* is a Difficulty of breathing, from a Disorder in the Lungs. In the Common (or moist) *Asthma*, the Patient spits much.

IX. A Dry, or CONVULSIVE ASTHMA

41. Juice of *Redishes* relieves much; so does
42. A Cup of strong *Coffee*.
43. Or, *Garlick*, either raw or preserved, o in Syrup:
44. Or, Tea made with *Hyssop*, *Ground-Ivy*, *Daisy-Flowers* and *Liquorish*:
45. Drink a Pint of *new Milk* Morning and Evening.—That has cured an inveterate *Asthma*.
46. Use the *Cold Bath* thrice a Week:
47. Or, beat fine *Saffron* small, and take eight or ten Grains every Night:
48. Or, dry and powder a Toad. Make it into small Pills, and take one every Hour 'till the Convulsions cease.
49. In any *Asthma*, the best Drink is *Apple Water*.

X. To cure BALDNESS.

50. Rub the Part Morning and Evening with *Onions*, 'till it is red; and rub it afterwards with *Honey*.

XI. BLEEDING at the NOSE (*to prevent*)

51. Drink *Whey* largely every Morning, and eat *Raisins* much:

52. Or,

52. Or, apply to the Neck behind and on each Side, a Cloth dipt in *Cold Water* :
 53. Or, wash the Temples, Nose and Neck with *Vinegar* :
 54. Or, chew *Nettle Root*, spitting out the Juice :
 55. Hold a *red-hot Poker* under the Nose :
 56. Or, Steep a *Linnen Rag* in *sharp Vinegar*, burn it, and blow it up the Nose with a Quill.

XII. BLEEDING of a WOUND.

57. Make tight *Ligatures* on the Arms :
 58. Or, apply Tops of *Nettles* bruised :
 59. Or, Leaves of *All-beal* bruised : *I.*
 60. Or, Spread the *Ashes* of a Linnen Cloth thick on another Linnen Cloth, and apply it :
 61. Or strew on it the *Ashes* of a Linnen Rag, dipt in *sharp Vinegar* and burnt :
 62. Or, take ripe *Puff-Balls*. Break them warily and save the Powder. Strew this on the Wound and bind it on. *I.* This will absolutely stop the bleeding of an amputated Limb without any Cautery.

XIII. SPITTING BLOOD.

63. Take half a Pint of Stew'd *Prunes*, at lying down for two or three Nights :
 64. Or, a Glasse of Decoction of *Onions*.
 65. Or four Spoonfuls of Juice of *Nettles* every

- every Morning; and a large Cup of Decoction of *Nettles* at Night, for a Week.
66. Take frequently a Spoonful of the Juice of *Nettles* and *Plantane* Leaves, mixt and sweetned with Sugar Candy.
67. Or, three Spoonfuls of *Sage-juice* in a little *Honey*. This presently stops either spitting or vomiting Blood :
68. Or, half a Tea-spoonful of *Barbadoes Tar* on a Lump of Loaf Sugar, at Night. It commonly cures at Once.

XIV. VOMITING BLOOD.

69. Take three Spoonfuls of *Sage-juice* in a little *Honey*.
70. Or two Spoonfuls of *Nettle-juice*.—
(This also dissolves Blood coagulated in the Stomach.)
71. Or, one of Juice of *Quinces*.
72. Or, a Quarter of a Pint of Decoction of *Nettles* and *Plantane* two or three Times a Day.

XV. To resolve COAGULATED BLOOD.

73. Bind on the Part for some Hours a Paste made of *Black-Soap*, and *Crumbs of white Bread*.
74. Or, grated Root of *Burdock* spread on a Rag: Renew this twice a Day.

XVI. BOILS.

75. Apply a little *Venice Turpentine*:

76. Or

76. Or, a Plaister of *Honey* and *Wheat-flower* :
 77. Or, of *Figs* :
 78. Or, a little *Saffron* in a white-bread Poultis.—'Tis proper to purge also.

XVII. HARD BREASTS.

79. Apply *Turnips* roasted 'till soft, then mash'd and mixt with a little *Oil* of *Roses*. Change this twice a Day, keeping the Breast very warm with Flannel.

XVIII. SORE BREASTS and SWELL'D.

80. Boil a Handful of *Camomile* and as much *Mallows* in Milk and Water. Foment with it between two Flannels as hot as can be borne every twelve Hours. It also dissolves any Knob, or Swelling in any Part.

XIX. A BRUISE.

81. Immediately apply *Treacle* spread on brown Paper:
 82. Or, *clarified Honey*.
 83. Or rub it with one Spoonful of *Oil* of *Turpentine* and two of *Neats-foot Oil*.
 84. Or, apply a Plaister of chopt *Parsley* mixt with Butter :

85. Or,

85. Or, a Fomentation of *Verjuice* and *Camomile* Flowers.

XX. To prevent *Swelling* from a BRUISE.

86. Immediately apply a Cloth, five or six Times doubled, dipt in *cold Water*, and new dipt when it grows warm.

XXI. To cure a *Swelling* from a BRUISE.

87. Foment it half an Hour, Morning and Evening, with Cloths dipt in *Water*, as *hot* as you can bear.

88. Or, apply *Sea-weed*.

XXII. A BURN or SCALD.

89. Immediately plunge the Part into *Cold Water*. Keep it in an Hour, if not well before. Perhaps four or five Hours:

90. Or, if the Part cannot be dipt, apply a Cloth four Times doubled, dipt in *Cold Water*, changing it when it grows warm:

91. Or, apply a *Bruised Onion*:

92. Or, Tincture of *Myrrh*:

93. Or, Oil and *Parsley* stamp't together:

94. Or, apply Oil, and strew on it powder'd *Ginger*.

XXIII. A DEEP BURN or SCALD.

95. Apply black *Varnish* with a Feather 'till it is well:

96. Or,

96. Or, inner Rind of *Elder* well mixt with fresh Butter. When this is bound on with a Rag, plunge the Part into *Cold Water*. This will suspend the Pain 'till the Medicine heals.

XXIV. A CANCER in the BREAST.^f

97. Use the *Cold Bath*. (This has cured many.) This cured Mrs. *Bates* of *Leicestershire*, of a Cancer in her Breast, a Consumption, a Sciatica and Rheumatism, which she had had near twenty Years.—She bathed daily for a Month, and drank only Water.

☞ Generally where Cold Bathing is necessary to cure any Disease, Water-drinking is so, to prevent a Relapse.

98. If it be not broke, apply a Piece of *Sheet-lead* beat very thin, and pricked full of Pin-holes for Days or Weeks, to the whole Breast.—Purges should be added every third or fourth Day:

99. Or, take a Mellow *Apple*, cut off the Top, take out the Core, fill the Hole with *Hogs-grease*; then cover it with the Top, and roast the *Apple* throughly,

D

take

^f A *Cancer* is an hard, round, uneven, painful Swelling, of a blackish or leaden Colour, the Veins round which seem ready to burst. It comes commonly at first with a Swelling about as big as a Pea, which does not at first give much Pain, nor change the Colour Skin.

take off the Paring, beat the Pap well spread it thick on Linnen, and lay it warm on the Sore, putting a Bladder over it. Change this every twelve or twenty-four Hours:

100. Take *Horses-Spurs* and dry them by the Fire, 'till they will beat to a Powder Sift and infuse two Drams in two Quarts of Ale; drink half a Pint every six Hours with new Milk warm.—It has cured many.
101. Or, apply *Goose-dung* and *Celandine* beat well together, and spread on a fine Rag.—It will both cleanse and heal the Sore.
102. Or, a Poultis of *Wild-Parfnips*; Flowers, Leaves and Stalks, changing it Morning and Evening:
103. Or, live three Months on *Apples* and *Apple-Water*:
104. Or, take half a Dram of *Venice-Soap* twice a Day.
105. Or, take *Brimstone* and *Gas of Sulphur* as Art 39.—This has cured one far advanced in Years.

XXV. A CANCER in any other Part.

106. Apply red *Onions* bruised:
107. Or, make a Plaister of *Rock-Allum*, *Vinegar* and *Honey*, equal Quantities, with *Wheat-flower*. Change it every twelve Hours. It often cures in three or four Days:

108. Or,

108. Or, stamp the Flowers, Leaves and Stalks of *Wild Parsnips*, and apply them as a Plaister, changing it every twelve Hours. It usually cures in a few Days.

XXVI. CANCER in the MOUTH.

109. Boil a few Leaves of *Succory*, *Plantane* and *Rue*, with a Spoonful of *Honey*, for a Quarter of an Hour. Gargle with this often in an Hour. I.

110. Or, with *Vinegar* and *Honey* wherein half an Ounce of *Rock-Allum* is boiled:

111. Or, take an Ounce of *Flour of Sulphur*, and half an Ounce of *Rock-Allum* finely powdered. Mix these well together with pure *Honey*, and apply often.

XXVII. CHILLBLAINS (to prevent.)

112. Wear *Flannel-Socks*: Or,

113. Wash the Hands with *Flower of Mustard*.

XXVIII. CHILLBLAINS (to cure.)

114. Apply *Salt* and *Onions* pounded together:

115. Or, a *Poultis* of *roasted Onions* hot. Keep it on two or three Days, if not cured sooner:

116. Or, hot *Turnip-parings* (roasted) changing them twice or thrice a Day.

117. Wash them (if broke) with Tincture of *Myrrh* in a little Water.

XXIX. CHIN-COUGH or HOOPING-COUGH.

118. Use the *Cold Bath* daily:
 119. Or, rub the Feet thoroughly with *Hogs-lard*, before the Fire, at going to Bed, and keep the Child warm therein:
 120. Or rub the Back at lying down with *old Rum*. It seldom fails.
 121. Or, give a Spoonful of Juice of *Penny-royal* mixt with brown *Sugar-candy*, twice a Day:
 122. Or, half a Pint of *Milk* warm from the Cow with the Quantity of a Nutmeg of *Conserve of Roses* dissolv'd in it every Morning.

XXX. CHOLERA MORBUS, i. e. FLUX and VOMITING.

123. Drink two or three Quarts of *Cold Water*, if strong; of *Warm Water* if weak:
 124. Or, boil a Chicken an Hour in two Gallons of *Water*, and drink of this 'till the Vomiting ceases.

XXXI. CHOFT HANDS (to prevent.)

125. Wash them with *Flower of Mustard*: I.
 126. Or, in *Bran* and *Water* boiled together:

127. To

127. To cure, wash with *soft Soap* mixt with
red Sand:

128. Apply *Oil of Myrrh*.

XXXII. CHOPT LIPS.

129. Or, apply a little *Sal Prunellæ*.

XXXIII. A COLD.

130. Drink a Pint of *Cold Water* lying down
in Bed:

131. Or, a Spoonful of *Treacle* in half a Pint
of Water.

132. Or, to one Spoonful of *Oatmeal* and
one Spoonful of *Honey*, add a Piece of *But-*
ter of the Bigness of a Nutmeg: Pour on
gradually near a Pint of boiling Water;
drink this lying down in Bed.

XXXIV. A COLD in the HEAD.

133. Pare very thin the *Yellow Rind* of an
Orange. Roll it up inside out and thrust
a Roll into each Nostril.

XXXV. The COLICK (in the Fit.)

134. Drink a Pint of *Cold Water*:

135. Or, a Quart of *Warm Water*:

136. Or, as largely as possible of *warm Tat-*
water:

137. Or, a Pint of Water in which a *red hot Flint* is quenched :
138. Or, drink largely of *Camomile-tea* :
139. Or, of Decoction of *Mallows* :
140. Or, take thirty Drops of *Spirit of Tur-tine* in a Glass of Water :
141. Or, from two Scruples to half a Dram of *Yellow-peel* of Oranges powder'd, in a Glass of Water :
142. Or, beat together into a Cake one Part of Stoned Raisins of the Sun, and three Parts of *Juniper-Berries*; eat more or less according to the Pain.
143. Or, take from forty to a hundred Drops Oil of *Anise-seed*, on a Lump of Sugar :
144. Or, apply outwardly a Bag of *hot Oats*.

XXXVI. COLICK in CHILDREN.

145. Give a Scruple of powder'd *Anise-seed* in their Meat.

XXXVII. A BILIOUS COLICK.

146. Give a Spoonful of *Sweet Oil* every Hour.—This has cured one, judged to be at the Point of Death.

147. Or,

This is generally attended with vomiting a greenish or a frothy Matter, with feverish Heat, violent Thirst, a bitter Taste in the Mouth, and little and high coloured Urine.

147. Or, boil an Ounce of bruised *Anise-seeds* in two Quarts of Water, 'till half is boiled away. When it is cool, infuse an Ounce of *Manna*; and four Drams of *Glauber's Salts*. Drink as much of it as you can.

XXXVIII. AN HABITUAL COLICK.

148. Wear a thin soft Flannel on the Part.

XXXIX. AN HYSTERICK COLICK.

149. Mrs. *Watts*, by using the *Cold Bath* two and twenty Times in a Month, was entirely cure of an *Hysterick Colick*, Fits, and convulsive Motions, continual Sweatings and Vomiting, wandering Pains in her Limbs and Head, with total Loss of Appetite.

150. In the Fit, drink half a Pint of *Water* with a little *Wheat-flower* in it, and a Spoonful of *Vinegar*:

151. Or, a Glafs full of *Vinegar*:

152. Or, take 20, 30 or 40 Drops of *Balsam of Peru* in fine Sugar: If need be, take this twice or thrice a Day.

153. Or, in Extremity, boil three Ounces of *Burdock-seed* in Water, which give as a Clyster.

154. Or,

Is attended with a violent Pain about the Pit of the Stomach, with great Sinking of the Spirits, and often with greenish Vomiting.

154. Or, five Grains of *Laudanum*, in any proper Clyster, which thus injected give instant Ease.

XL. A NERVOUS COLICK.

155. Use the *Cold Bath*, daily for a Month.
156. Or, take *Quicksilver* and *Gas of Sulphur*, daily for a Month: As Art. 39.

XLI. COLICK from the Fumes of *Lead*, or *White Lead*, *Verdigrease*, &c.

157. In the Fit, drink fresh melted *Butter*, and then vomit with warm *Water*.
158. Or, give Glisters of *Oil* or *fat Broth*.
159. To prevent or cure, Breakfast daily on *fat Broth*, and use *Oil of sweet Almonds* frequently and largely.

XLII. A CONSUMPTION.

160. *Cold Bathing* has cured many deep Consumptions.
161. One in a deep Consumption was advised to drink nothing but *Water*, and eat nothing but *Water-gruel*, without Salt

This is frequently termed the *Dry Belly-ach*. It often continues several Days, with little *Urine*, and obstinate *Constipations*.

or Sugar. In three Months Time he was perfectly well.

162. Take no Food but *new Butter Milk*, churn'd in a Bottle, and *white Bread*.—I have known this successful :
163. Or, boil two Handfuls of *Sorrel* in a Pint of *Whey*. Strain it, and drink a Glass thrice a Day :
164. Or, take a Spoonful of Syrup of *Fox-glove*, Morning and Evening :
165. Or, turn a Pint of skim'd Milk with Half a Pint of small Beer. Boil in this Whey, about twenty *Ivy-leaves*, and two or three Sprigs of *Hyslop*. Drink half over Night, the rest in the Morning. Do this if needful, for two Months daily. This has cured in a desperate Case.
166. Or, take a *Cow-beel* from the Tripe-house ready drest, two Quarts of new Milk, two Ounces of *Hartshorn* Shavings, two Ounces of *Ising-glass*, a Quarter of a Pound of *Sugar-candy*, and a Race of *Ginger*. Put all these in a Pot; and set them in an Oven after the Bread is drawn. Let it continue there 'till the Oven is near cold; and let the Patient live on this.—I have known this cure a deep Consumption more than once.
167. Or, every Morning cut up a little Turf of fresh Earth, and, lying down, breathe into the Hole for a Quarter of an Hour.—I have known a Deep Consumption cured thus.—Or, take half a Pint of skim'd

skim'd *Milk*, put one Spoonful of the best Rum sweetned with a little Sugar or Sugar of Roses; take it in new Milk warm, lying in Bed an Hour after it: And use for common Drink eight Parts Water, three Parts skim'd Milk, one Part Rum, sweetned with a little Sugar.

168. "Mr. *Masters* of *Evesham*, was so far gone in a Consumption, that he could not stand alone. I advised him to lose six Ounces of Blood, every Day for a Fortnight, if he liv'd so long; and then every other Day; then every third Day; then every fifth Day, for the same Time. In three Months he was well."

Dr. DOVER.

169. Or, throw *Frankincense* on burning Coals, and receive the *Smoke* daily thro' a proper Tube into the Lungs:

170. Or, Smoke *Balsam of Tolu*, like Tobacco.

XLIII. CONVULSIONS.

171. Use the *Cold Bath*:

172. Or, take a Tea-spoonful of *Valerian-root* powder'd in a Cup of Water every Evening:

173. Or, half a Dram of *Misselto* powder'd, every six Hours, drinking after it a Draught of strong Infusion thereof.

XLIV.

XLIV. CONVULSIONS in Children.

174. Scrape *Piony Roots* fresh digged.
Apply what you have scraped off to
the Soles of the Feet. It helps im-
mediately:

**XLV. CONVULSIONS in the BOWELS
of Children.**

175. Give a Child of a Quarter old, a
Spoonful of the Juice of *Pellitory of
the Wall*, two or three Times a Day.
It goes thro' at once, but purges no
more. Use Syrup, if Juice cannot be
had.

XLVI. CORNS (to prevent.)

176. Wash the Feet often in *Cold Water*.

XLVII. CORNS (to cure.)

177. Apply fresh every Morning the *Yeast*
of *small Beer*, spread on a Rag:
178. Or, boil the *Juice* of *Radishes*, 'till
it is thick enough to spread as a Plaister.
Shift it as it grows dry:
179. Or, cleanse from Earth the Root and
Herb of *Houfeleek*; crush it with your
Fingers and apply it. Renew it every
three Hours, for twenty-four Hours:
180. Or,

180. Or, apply fresh *Ivy-leaves* daily, and in fifteen Days they will drop out.

XLVIII. COSTIVENESS.

181. Rise early every Morning:
 182. Or, boil in a Pint and half of Broth, half a Handful of *Mallow-leaves* chopt: Strain this and drink it before you eat any thing else. Do this frequently, if needful:
 183. Or, Breakfast twice a Week or oftner, on *Water-gruel* with *Currants*:
 184. Or, take the Bigness of a large Nutmeg of *Cream of Tartar*, mixt with *Honey*, as often as you need.

XLIX. A COUGH.

185. Drink a Pint and a half of *Cold Water* lying down in Bed:
 186. Or, mix an Ounce of *Linseed Oil*, with an Ounce of *White Sugar-Candy* powder'd, and take a Tea-spoonful whenever the Cough comes:
 187. Or, make a Hole thro' a *Lemon* and fill it with *Honey*. Roast it, and catch the Juice. Take a Tea-spoonful of this frequently.

L. AN ASTHMATICK COUGH.

188. Take *Spanish Liquorice* two Ounces, *Salt of Tartar* half an Ounce: Boil the *Liquorice*

Liquorice in three Pints of Water to a Quart. Add the Salt to it when it is Blood-warm. Drink two Spoonfuls of this every two Hours.—It seldom fails :

LI. A CONSUMPTIVE COUGH.

89. Slit ten or twelve *Raisins* of the Sun, take out the Stones, and fill them up with the small tender Tops of *Rue*. Take these early every Morning, fasting two or three Hours after :

90. Or, boil a Pound of *Raisins* stoned in a Quart of *old Verjuice* to about a Pint. Then add a Pound of *brown Sugar-Candy* and let it simmer into a Syrup. Take near a Spoonful every three or four Hours.

91. To stop it for a Time, at lying down keep a little *stick Liquorish* shaved like *Horse-radish*, between the Cheek and the Gums.

LII. A CONVULSIVE COUGH.

92. Eat *preserv'd Walnuts* :

93. Or, boil a Handful of *Bay-leaves* in Milk, turn this with *White Wine*, and drink a Draught of the Whey often.

LIII. AN INVETERATE COUGH.

94. Wash the Head in *Cold Water*, every Morning : E 195. Or,

195. Or, use the *Cold Bath*.—It seldom fails :
196. Or, take half a Pint of Decoction of *Onions*, Morning and Evening :
197. Or, a Spoonfull of Juice of *Onions* :
198. Or, take peel'd *Turnips* three Pounds, Sugar one Pound, put them in an Earthen Pot close cover'd for twenty-four Hours. Strain the Juice, and take two or three Spoonfuls Morning and Evening :
199. Or, mix the Juice of boil'd *Turnips* with fine powder'd *Sugar-Candy*, 'till it is a Kind of Syrup. Swallow a little of it Drop by Drop from Time to Time :
200. Or, take a Spoonful of Syrup of *Horehound* Morning and Evening :
201. Or, put a Scruple of *Sperma Ceti* into the Yolk of a new laid Egg, and sup up in the Morning fasting.

LIV. A PLEURITICK COUGH.

202. Powder an Ounce of *Sperma Ceti* fine. Work it in a Marble Mortar with the Yolk of a new-laid Egg. Mix them in white Wine, and take a small Glass every three Hours.

LV. A TICKLING COUGH.

203. Drink *Water* whiten'd with Oatmeal four Times a Day :

204. Or, keep a Piece of *Barley-Sugar*, or *Sugar-Candy* constantly in your Mouth.

LVI. VIOLENT COUGHING from a sharp thin Rheum.

205. Work into old *Conserve* of *Roses*, as much as you can of pure *Olibanum*, powder'd as fine as possible. Take a Bolus of this twice or thrice a Day. It eases presently, and cures in two or three Weeks :

206. Or, use *Milk-diet* as much as possible.

LVII. The CRAMP (to prevent.)

207. Tie your Garter tight under your Knee at going to Bed.

LVIII. The CRAMP (to cure.)

208. Stretch out the Limb immediately :

209. Or, stretch out the opposite Arm and clench the Fist :

210. Or, chafe the Part with *Hungary-Water* :

211. Or, apply boiled *Nettles* hot :

212. Or, take half a Pint of *Tar-water* Morning and Evening.

LIX. A CUT.

213. Keep it closed with your Thumb a Quarter of an Hour. Then double a Rag

five or six Times; dip it in cold Water, and bind it on.

LX. DEAFNESS.

214. Use the *Cold-Bath*.

215. Or, drop into the Ear a Tea-spoonful of *Salt-water*:

216. Or, of Juice of *Ground-ivy*:

217. Or, three or four Drops of *Onion-juice* at lying down, and stop it with a little Wool.

LXI. DEAFNESS from WAX.

218. Syringe the Ear with warm *Sage-tea*:

219. Or, put in *wild Mint* bruised, with the Juice, changing it often.

LXII. DEAFNESS with *Head-ach* and *Buzzing* in the Head.

220. Peel a Clove of *Garlick*; dip it in *Honey*, and put it into your Ear at Night with a little black Wool. Lie with that Ear uppermost. Put the same in the other Ear the next Night. Do this, if need be, eight or ten Days.

LXIII. A SETTLED DEAFNESS.

221. Take a red *Onion*, pick out the Core; fill up the Place with Oil of roasted *Almonds*.

monds. Let it stand a Night; then bruise and strain it. Drop three or four Drops into the Ear, Morning and Evening, and stop it with black Wool.

LXIV. To cause an easy DELIVERY.

222. Peel, slice and fry a large white Onion in two or three Spoonfuls of the best Oil, 'till it is tender. Boil this with half a Glass of Water: Strain, and drink it in the Morning fasting, for two or three Weeks before the Time of Child-birth.

LXV. A DIABETES.*

223. Drink Wine boiled with Ginger, as much and as often as your Strength will bear. Let your Drink be Milk and Water. All Milk Meats are good:

224. Or, drink three or four Times a Day a Quarter of a Pint of *Alum* Possiet-drink. Putting three Drams of *Alum* to four Pints of Milk.—It seldom fails to cure in eight or ten Days. Dr. Mead.

LXVI. The DROPSY.¹

225. Use the Cold Bath daily, after purging.

E 3

226. Or,

* A *Diabetes* is a frequent and large Discharge of pale Urine, attended with constant Thirst, and a Wasting of the whole Body.

¹ A *Dropsy* is, a preternatural Collection of Water, in the Head, Breast, Belly, and all over the Body. It is attended with continual Thirst. The Part swelled pits, if you press it with your Finger. The Urine is pale and little.

226. Or, mix half an Ounce of *Amber* with a Quart of *Wine Vinegar*. Heat a Brick (only not red hot) and put it into a Tub. Pour them upon it, and hold the Parts swell'd over the Smoak, covering the Tub close, to keep in the Smoak. The Water will come out incredibly, and the Patient be cured:

227. Or, cover the whole Belly with a large new Sponge dipt in strong *Lime-water*, and then squeezed out. This bound on, often cures, even without any sensible Evacuation of Water:

228. Or, apply green *Dock-leaves* to the Joints and Soles of the Feet, changing them once a Day:

229. Or, abstain from all Drink for thirty Days. To ease your Thirst hold often on your Tongue, a thin small Slice of toasted Bread dipt in Brandy; or, wash the Mouth with Juice of Lemons.

230. *Tar-water* drank twice a Day has cured many:

231. Or, drink half a Pint of *Sea Water*, Morning and Evening:

232. Or, mix a Pound of the coarsest *Sugar* with a Pint of Juice of *Pellitory of the Wall* bruised in a Marble Mortar. Boil it as long as any Scum rises. When cool, bottle and cork it. If very bad, take three Spoonfuls at Night, and two in the Morning.—It seldom fails:

233. Take

233. Take a Spoonful of the Juice of *Antichoke Leaves*, Morning and Evening.
234. Or, three Spoonfuls of the Juice of *Leeks* and *Elder-leaves*. I
235. Or, half a Pint of Decoction of *Butchers Broom*, intermixing Purges twice or thrice a Week. The proper Purge is ten Grains of *Jalap* with six of powder'd *Ginger*. It may be encreas'd or lessen'd according to the Strength of the Patient.
236. Or, take a Spoonful of whole *Mustard-seed*, Night and Morning, and drink on it half a Pint of Decoction of *green Broom Tops*. This works both by Stool and Urine.
257. Or, boil two Handfuls of *Elder-Roots* in a Quart of Water. Strain it and drink a large Glass thrice a Day for thirty Days. It frequently cures in that Time.

LXVII. The EAR-ACH.

238. Rub the Ear hard for a Quarter of an Hour :
239. Or, apply to it a *hot Roll* :
240. Or, put in a *roasted Fig*, as hot as may be :
241. Or, blow the *Smoak of Tobacco* strongly into it :
242. Or, drop in Juice of *Goose Grass*.

LXVIII. EAR-ACH from COLD.

243. Boil *Rue*, or *Rosemary*, or *Garlick*, and let

let the Steam go into the Ear through a Funnel.

LXIX. EAR-ACH from HEAT.

244. Apply Cloths four Times doubled and dipt in *cold Water*, changing them when warm, for Half an Hour.

LXX. EAR-ACH from WORMS.

245. Drop in *warm Milk*, and it brings them out:
 246. Or, Juice of *Wormwood*, which kills them:
 247. Or, Oil of *bitter Almonds*.

LXXI. NOISE in the EARS.

248. Drop in Juice of *Onions*:
 249. Or, fill them with *bruised Hyssop*.

LXXII. HARD WAX in the EAR.

250. Is best dissolved by *warm Water*.

LXXIII. EYES BLEAR'D.

251. Drop into them Juice of *Crab Apples*.

LXXIV. A

LXXIV. A BLOOD-SHOT EYE.

252. Apply Linnen Rags dipt in *cold Water* for two or three Hours:
 253. Or, blow in *white Sugar-candy*, finely powder'd:
 254. Or, apply boil'd *Hyssop*, as a Poultis.

LXXV. A BRUISE in the EYE.

255. Apply as a Plaister *Conserve of Roses*:
 256. Or, a Paste of *black Soap* and *white Bread Crumbs*. But take Care it get not into the Eye.

LXXVI. BURNING EYES, or hot Rheum.

257. Apply a thick *Apple Paring*, lying down in Bed.

LXXVII. CLOUDS flying before the EYES.

258. Take a Dram of powder'd *Betony* every Moment.

LXXVIII. BLINDNESS.

259. Is often cured by *cold Bathing*.

LXXIX. EYES

LXXIX. EYES DIM or DECAY'D.

260. Use *Eye-bright* Tea daily:
 261. Or, powder'd *Eye-bright*, both in
 Meat and Drink.

LXXX. DULL SIGHT.

262. Drop in two or three Drops of Juice
 of rotten Apples often.

LXXXI. FILMS.

263. Dry *Zibetbum Occidentale*; i. e. *Stercus
 humanum*, slowly; powder it fine, and
 blow it into the Eye twice or thrice a
 Day:
 264. Mix Juice of *Ground-ivy* with a little
Honey, and two or three Grains of *Bay
 Salt*. Drop it in Morning and Evening.

LXXXII. HOT or SHARP HUMOURS.

265. Beat the White of an Egg into Water,
 in which mix fine *Sugar*, and drop it
 into the Eye:
 266. Or, drop in Juice of *Daisies* Morning
 and Evening:
 267. Or, boil a Handful of *Bramble-leaves*
 with a little *Alum* in a Quart of Spring
 Water to a Pint. Drop this frequently
 into

into the Eye. This likewise speedily cures any Sores.

LXXXIII. EYES INFLAM'D.

268. Apply as a Poultis boil'd, *roasted* or *rotten Apples* warm:
 269. Or, *Wormwood Tops* with the *Yolk* of an Egg:
 270. Or, beat up the *White* of an Egg with two Spoonfuls of *white Rose-water* into a white Froth. Apply this on a fine Rag, changing it so that it may not grow dry, 'till the Eye is well.

LXXXIV. A LACHRYMAL FISTULA^m.

271. Apply a Poultis of fine *Leaves* of *Rue*:
 272. Wash the Eye Morning and Evening with a Decoction of *Quince-leaves*.
 273. Or, take a Dram of *Betony-leaves* powder'd daily.

LXXXV. PEARL in the EYE.

274. Apply a Drop of Juice of *Celandine* with a Feather thrice a Day:
 275. Or, of *three-leav'd Grass*. It commonly cures in seven Days.

LXXXVI.

^m This Disorder in the inner Corner of the Eye, causes the Tears to flow involuntarily.

LXXXVI. WHITE SPECKS in the EYE.

276. Going to Bed, put a little *Ear-wax* on the Speck.—This has cured many.
 277. Or, a Drop of the Juice of *Fennel*.
 278. Or, of *Ivy-juice*: Afterwards blow in a little powder'd *Loaf-sugar*.

LXXXVII. An excellent EYE-WATER.

279. Heat half an Ounce of *Lapis Calaminiaris* red hot, and quench it in half a Pint of *French white Wine*, and as much *white Rose-water*: Then pound it fine and infuse it. Shake the Bottle when you use it. It cures Soreness, Weakness, and most Diseases of the Eye. I have known it cure total Blindness.

LXXXVIII. Another.

280. Infuse in *Lime-water* a Dram of *Sal Armoniack* powder'd, for twelve Hours; then strain and keep it for Use. This also cures most Disorders of the Eye.

LXXXIX. Another.

281. Boil very lightly one Spoonful of *white Copperas* scrap'd, and three Spoonfuls of *white Salt*, in three Pints of Spring Water. When cold, bottle it in large Vials

Vials without Straining. Take up the Vial softly, and put a Drop or two in the Eye Morning and Evening.

☞ It answers the Intention of almost all the preceeding Medicines: It takes away Redness, or any Soreness whatever: It cures Pearls, Rheums, and often Blindness itself.

XC. WEAK EYES.

282. Moisten the Eyelids Morning and Evening with *camphorated Spirits of Wine*, keeping the Eye shut.

283. Wash the Head daily with *cold Water*.

XCI. The FALLING SICKNESSⁿ.

284. Use the *cold Bath* for a Month daily:

285. Or, take a Tea-spoonful of *Piony Root* dried and grated fine, Morning and Evening, for three Months.

286. Or, take a Spoonful of the Juice of *Rue*, Morning and Evening, for a Month.

287. Or, half a Pint of Decoction of *Lignum Guaiacum*, Morning and Evening. *I.*

288. Or, of *Tar-water* for three Months.

F

289. Or,

ⁿ In the *Falling Sickness* the Patient falls to the Ground, either quite stiff, or convulsed all over, utterly senseless, gnashing his Teeth, and foaming at the Mouth.

289. Or, use an *entire Milk Diet* for three Months: It seldom fails.
290. Or, take half a Dram of powder'd *Misselto* every six Hours, drinking after it a strong Infusion of *Misselto*. I.
291. Or, the Quantity of a Nutmeg of Conserve of white *Piony Root*, daily for three Months.
292. In the Fit, blow up the Nose a little powder'd *Ginger*:
293. Or, Leaves of *Affarabacca* powder'd.

XCII. The FALLING of the FUNDAMENT.

294. Apply a Cloth covered thick with *Brick Dust*:
295. Or, boil a Handful of *red Rose Leaves* in a Quarter of a Pint of *red Wine*: Dip a Cloth in it, and apply it as hot as can be borne. Do this 'till all is used.

XCIII. A FALLING down of the WOMB.

296. May be cured in the Manner last mentioned.

XCIV. A FEVER.

297. Drink a Pint and Half of *cold Water* lying down in Bed: I never knew it Hurt:

298. Or, a large Glafs of *Tar-water* warm, every Hour:
299. The best of all Juleps in a Fever, is this: Toast a large thin Slice of Bread, without Burning; put it hot into a Pint of cold Water; then set it on the Fire 'till it is pretty hot. In a dry Heat it may be given cold; in a moist Heat warm; the more largely the better:
300. Or, for a Change, use *Pippin* or *Wood-sorrel* Tea: Or, *Pippin Posset Drink*: Or, *Wood-sorrel Posset Drink*:
301. Or, Decoction of *Violet-leaves*:
302. Or, of *Strawberry-leaves*,
303. To prevent catching any infectious Fever, do not breathe near the Face of the sick Person, neither swallow your Spittle while in the Room.

XCV. A BURNING FEVER.

304. Stamp a Handful of Leaves of *Caprifolium*; put fair Water to it, and use it cold as a Clyster. It commonly cures in an Hour.
305. Or, smear the Wrists, five or six Inches long with warm *Treacle*, and apply a brown Paper smeared therewith.

XCVI. A CONTINUAL FEVER.

306. If not very violent, take a Dram of

Sal Prunellæ, every four Hours, in warm Water, 'till it abates.

XCVII. A HECTICK FEVER.

307. Drink only thin *Water-gruel*, or boil'd *Milk and Water*. The more you drink the better.

XCVIII. A HIGH FEVER.

308. Attended with a Delirium and a *Vigilia*, has been cured by plunging into cold Water; which is a safe and sure Remedy in the Beginning of any Fever.
309. Such a Delirium is often cured by applying *warm Lamb's Lungs* to the Head.

XCIX. AN INTERMITTING FEVER.

310. Drink warm *Lemonade* in the Beginning of every Fit: It cures in a few Days:
311. Or, take a Tea-spoonful of Oil of *Sulphur* in a Cup of *Balm Tea*, once or twice a Day.

C. A FEVER with PAINS in the LIMBS.

312. Take twenty Drops of *Spirit of Harts-horn* in a Cup of Water twice or thrice in twenty four Hours:

313. Or,

313. Or, in strong *Camomile Tea*, lying down in Bed.

CI. A RASH FEVER.

314. Drink every Hour a Spoonful of Juice of *Ground-ivy*. It cures in twenty-four Hours. Use the Decoction, when you have not the Juice.

CII. A SLOW FEVER.

315. Use the *cold Bath* for two or three Weeks, daily.

CIII. A FISTULA.

316. Grind an Ounce of *Mercury Sublimate*, in a Glass Mortar, with a Glass Pestle, as fine as possible. Put it into a Glass Bottle, and pour on it two Quarts of pure Spring Water. Cork it close, and for six Days shake it well every Hour. Then let it settle for twenty-four Hours. Pour it off clear; filter it in a Glass Funnel; and keep it for Use close stopt. Put a Spoonful of this Water in a Vial, and add two Spoonfuls of pure Spring Water: Shake them well together, and drink it fasting. It works both by Vomit and by Stool, but very safely. Keep yourself very warm, and walk as much as you can.

The first Time neither eat nor drink 'till two Hours after it has done working. Take this every other Day. In forty Days this will also cure any *Cancer*, any *old Sore*, or *King's-Evil*, broken or unbroken. After the first or second Vomit you may use Water-gruel, as in other Vomits.—☞ Very weak Persons should not use this.

CIV. A FLUX.

317. Use the *cold Bath* daily, and drink a Draught of Water from the Spring:
318. Or, receive the *Smoke* of *Turpentine* cast on burning Coals. This cures also the Bloody Flux, and the Falling of the Fundament.
319. Or, drink two or three Quarts of *warm Water*:
320. Or, take a Spoonful of *Plantane-seed* bruised, Morning and Evening, 'till it stops:
321. Or, the *Leaves* of it boiled in small Broth:
322. Or, three or four Ounces of its *Juice*:
323. Or, a small *Nutmeg* powder'd in the Yolk of an Egg:
324. Or, a Dram of the Seed of *Flix-weed* in two or three Spoonfuls of Broth. *I.*
325. Or, ten Grains of *Ipecacuanitia* three Mornings successively.

CV. A BLOODY FLUX.

326. Apply a Suppository of Linnen dipt in *Aqua Vitæ*:
327. Or, drink *cold Water* as largely as possible, taking Nothing else 'till the Flux stops:
328. Or, take a large *Apple*, and at the Top pick out all the Core, and fill up the Place with a Piece of *Honey-comb*; (the Honey being strained out) Roast the Apple in Embers, and eat it, and this will stop the Flux immediately:
329. Or, thirty Grains of powder'd Root of *Gladwin*, at Night, twice or thrice a Week. It is just as good as *Rhubarb* in most Cases:
330. Or, Decoction of *Primrose-leaves* Morning and Evening:
332. Or, grated *Rhubarb*, as much as lies on a Shilling, with half as much grated *Nutmeg*, in a Glas of white Wine, lying down, every other Night.

CVI. The GOUT in the STOMACH.

332. "Dissolve two Drams of *Venice Treacle* in a Glas of *Mountain*. After drinking it, go to Bed. You will be easier in two Hours, and well in sixteen." *Dr. Dover.*

333. Boil

333. Boil a Pugil of *Tansy* in a Quarter of a Pint of *Mountain*. Drink it in Bed. I believe this never fails.

334. To prevent its Return, dissolve half an Ounce of *Gum Guaiacum*, in two Ounces of *Sal Volatile*. Take a Tea-spoonful of this every Morning, in a Glafs of Spring Water.

☞ This helps any *sharp Pain* in the Stomach. Dr. Boerhaave.

CVII. GOUT in the FOOT or HAND.

335. Apply a raw, lean *Beef-stake*. Change it once in twelve Hours, 'till cured.

CVIII. The GOUT in any LIMB°.

336. Rub the Part with *warm Treacle*, and then bind on a Flannel smear'd therewith. Repeat this, if Need be, once in twelve Hours. This has cured an inveterate Gout:

337. Or, dry *Sage* in the Sun for a Day: Apply this, and in one Night it will ease the Pain:

338. Or, at Six in the Evening, undress, and wrap yourself up in Blankets.—

Then

* Regard not them who say, The Gout ought not to be cured. They mean, *It cannot*. I know it cannot by their regular Prescriptions.

Then put your Legs up to the Knees in Water, as hot as you can bear it. As it cools, let hot Water be poured in, so as to keep you in a strong Sweat 'till Ten. Then go into a Bed well warm'd and sweat 'till Morning.—I have known this cure an inveterate Gout.

CIX. The GRAVEL.

- 339. Eat largely of *Spinach* :
- 340. Or, drink largely of *warm Water* sweetened with *Honey*:
- 341. Or, of *Peach-leave Tea* :
- 342. Or, of *Pellitory of the Wall Tea*, so sweetened :
- 343. Or, infuse an Ounce of *wild Parsley Seeds* in a Pint of *white Wine* for twelve Days. Drink a Glass of it fasting three Mornings.

CX. The GREEN-SICKNESS.

- 344. An Ounce of *Quick-silver* every Morning :
- 345. Or, a Cup of Decoction of *Lignum-Guaiacum*, Morning and Evening.

CXI. To kill Animalcula that cause the GUMS to waste away from the TEETH.

- 346. Gargle thrice a Day with Salt and Water.

CXII.

CXII. The HEAD-ACH.

347. Rub the Head for a Quarter of an Hour :
348. Or, apply to each Temple the thin yellow Rind of a *Lemon*, newly pared off:
349. Or, pour into the Palm of the Hand a little *Brandy*, with some Zift of *Lemon*, and hold it to the Forehead :
250. Or, if you have catched Cold, boil a Handful of *Rosmary* in a Quart of Water. Put this in a Mug, and hold your Head (cover'd with a Napkin) over the Steam, as hot as you can bear. Repeat this 'till the Pain ceases :
351. Or, drop Juice of *Pimpernell* into the Ear :
352. Or, snuff up the Nose, *camphorated Spirits of Lavender* :
353. Or, Juice of *Ground-ivy*. I
354. Or, a little Juice of *Horse-Radish* :
355. Or, drink half a Pint of a strong Decoction of *Ground-ivy* Morning and Evening.

CXIII. A CHRONICAL HEAD-ACH.

356. Keep your Feet in warm Water, a Quarter of an Hour before you go to Bed; for two or three Weeks :
357. Or, wear tender *Hemlock Leaves*, under the Feet, changing them daily:

358. Or,

358. Or, order a Tea-kettle of *cold Water* to be poured on your Head every Morning in a slender Stream : *M*
359. Or, apply to the Head bruised *Cummin-seed*, fried with an Egg :
260. Or, take a large Tea-cup full of *Cardi-nus* Tea without Sugar fasting for six or seven Mornings :
261. Or, boil *Wood-betony* in new Milk and strain it. Breakfast on this for five or six Weeks. *I.*

CXIV. HEAD-ACH from Heat.

362. Apply to the Forehead Cloths dipt in *cold Water* for an Hour :
563. Or, beat white *Poppy-seed* to Powder; mix this with Yolks of Eggs, and apply it to the Temples and Forehead.

CXV. A NERVOUS HEAD-ACH.

364. Dry and powder an Ounce of *Marjoram* and half an Ounce of *Assarabacca*; mix them, and take them as Snuff, keeping the Ears and Throat warm.
365. Or, take half a Dram of powder'd *Marum* Morning and Evening in any Liquid.

CXVI. AN HEMICRANIA.^P

366. Use *Gold Bathing*:

^P That is, an *Head-ach* which affects but one Side of the Head.

367. Or, apply to that Part of the Head shaved, a Plaister that will stick, with a Hole cut in the Middle of it, as big as an Halfpenny: Place over that Hole Leaves of *Ranunculas*, bruised and very moist. It is a gentle Blister.

CXVII. STOPPAGE in the HEAD.

368. Snuff up Juice of *Primrose*, keeping the Head warm.

CXVIII. The HEART-BURNING.*

369. Drink a Pint of *cold Water*:
 370. Or, drink slowly of Decoction of *Camomile Flowers*:
 371. Or, chew five or six *Pepper Corns* a little; then swallow them:
 372. Or, take six *Almonds* and twelve *raw Peas*, and eat them together.
 373. Sometimes a *Vomit* is needful, of *Ipecacuanha*, or *Carduus Tea*.

CXIX. The HICCUP.

374. Swallow a Mouthful of Water, stopping the Mouth and Ears:
 375. Or, take any Thing that makes you sneeze:
 376. Or, a little candied *Ginger*:
 377. Or, two or three preserved *Damsons*.

CXX

* A sharp gnawing Pain at the Orifice of the Stomach.

CXX. HOARSENESS.

378. Rub the Soles of the Feet before the Fire, with *Garlick* and *Lard* well beaten together, over Night. The Hoarseness will be gone next Day :
379. Or, take a Pint of *cold Water* lying down :
380. Or, instead of Supper eat an *Apple* and drink half a Pint of Water :
381. Or, swallow slowly the Juice of *Radishes* :
382. Or, take a Spoonful of *Sage-juice* Morning and Evening.

CXXI. HYPOCHONDRIAC and HYS-
TERIC Disorders.

383. Use *Cold Bathing* :
384. Or, take an Ounce of *Quicksilver* every Morning.

CXXII. The JAUNDICE.

385. Wear Leaves of *Celandine*, upon and under the Feet :
386. Or, take a small Pill of Castile Soap every Morning for eight or ten Days :
387. Or, as much as lies on a Shilling of *calcin'd Egg-shells*, three Mornings fasting ; and walk 'till you sweat :

G

388. Or,

388. Or, half a Pint of strong Decoction of *Nettles* :
 389. Or, 'boil a large *Burdock Root* in two Quarts of Water to three Pints. Let it soak therein for twenty-four Hours cover'd close. Drink a Draught of this three or four Times, and it will not fail.'

CXXIII. The JAUNDICE in Children.

390. Take half an Ounce of fine *Rhubarb*, powder'd. Mix with it thoroughly, by long beating, two Handfuls of good well cleansed *Currants*. Of this give a Teaspoonful every Morning.

CXXIV. The ILIAC PASSION.*

391. Apply warm Flannels soaked in *Spirits of Wine* :
 392. Or, hold a *live Puppy* constantly on the Belly.—Dr. Sydenham.
 393. Or, immerge up to the Breast in the *warm Bath* :
 394. Or, take a Decoction of the Seed of *Dill* in Oil and Water, and then a Bit of Bread dipt in Water :
 395. Or, Ounce by Ounce, a Pound or a Pound and a half of *Quicksilver*.

CXXV.

* In this violent Kind of *Colic* the Excrements are thrown up by the Mouth in vomiting.

CXXV. AN IMPOSTUME.

396. Put the White of two *Leeks* in a wet Cloth, and so roast them in Ashes, but not too much. Stamp them in a Mortar with a little *Hogs-grease*. Spread it thick Plaister-wise, and apply, changing it every Hour, 'till all the Matter be come out, which it will be in three Times. I.

CXXVI. PAIN in the JOINTS.

397. Drink Decoction of *Herb Robert*, and apply it as a Poultis.

CXXVII. The ITCH.

398. Wash the Parts affected with strong *Rum*:

399. Or, with a strong Decoction of *Dock-Root* for nine or ten Days:

400. Or, of *Hyssop*, four or five Days:

401. Or, anoint them with *black Soap*:

402. Or, steep a Shirt half an Hour in a Quart of Water mixt with half an Ounce of powder'd *Brimstone*. Dry it slowly, and wear it five or six Days. Sometimes it needs repeating:

403. Or,

* This Distemper is nothing but a Kind of very small Lice which burrow under the Skin. Therefore inward Medicines are absolutely needless.—Is it possible, any Physician should be ignorant of this?

403. Or, mix Powder of *white Hellebore* with Cream for three Days. Anoint the Joints three Mornings and Evenings.—It seldom fails :

404. Or, mix a little fine *Bay-salt*, and as much *Flower of Brimstone*, with a little *sweet Oil*. Rub it well in the Palms of the Hands, and dry it in.—It commonly cures in three Days :

405. Or, beat together the Juice of two or three *Lemons*, with the same Quantity of *Oil of Roses*. Anoint the Parts affected. It cures in two or three Times using :

406. Or, mix an Ounce of *Ginger* finely powder'd with a Quarter of a Pound of fresh Butter. Use it Morning and Evening.—It cures in four or five Days.

CXXVIII. The KING'S EVIL.*

407. Take as much *Cream of Tartar* as lies on a Sixpence, every Morning and Evening :

408. Or, drink for six Weeks half a Pint of a strong Decoction of *Devils-bit* :

409. Or, of *Ground-ivy* :

410. Or, of *dead Nettles* :

411. Or, of *Colts-foot* : Mean Time, apply the Herb, beaten up with powder'd *Linseed*

* It commonly appears first, by the Thickness of the Lips; then come hard Swellings, in the Neck chiefly; then running Sores.

seed and *Hogs-lard*, to the Sores, renewing it twice a Day:

412. Or, use *Lime-water* for common Drink:

413. Or, the Diet-drink mentioned (Art. 517.)—I have known this cure one whose Breast was as full of Holes as an Honeycomb:

414. Or, set a Quart of *Honey* by the Fire to melt. When it is cold, strew into it a Pound and a half of *Quick Lime* beat very fine, and searfed through a Hair Sieve. Stir this about 'till it boil up of itself into a hard Lump. Beat this when cold very fine, and searfe it, as before. Take of this as much as lies on a Shilling in a Glass of Water every Morning fasting; an Hour before Breakfast, at Four in the Afternoon, and at going to Bed:

415. Or, take two Spoonfuls of the Juice of *water Parsnips*; with two Spoonfuls of *Milk*, every Morning fasting, for the six Summer Months. Two Hours after, breakfast on *Water-gruel* with a little Bread.

☞ It cures the Scurvy in three Months.

CXXIX. STOPPAGE in the KIDNEYS.

416. Take twelve Grains of *Salt of Amber* in a little Water.

CXXX. The LEGS INFLAM'D.

417. Apply *Fullers Earth*, spread on brown Paper:—It seldom fails.
418. Or, boiled *Turnips* mixt with *Mutton-suet*:
419. Or, rub them with warm Juice of *Plantane*.

CXXXI. LEGS SORE and RUNNING.

420. Wash them in *Brandy* and apply *Elder Leaves*, changing them twice a Day. This will dry up all the Sores, though the Leg were like an *Honey-comb*.—Proved.

CXXXII. The LRPROSY.*

421. Use the *Cold Bath*:
422. Or, wash in the *Sea*, often and long:
423. Or, wash the Parts with Juice of *Calamint*:
424. Or, mix well an Ounce of *Pomatum*, a Dram of powder'd *Brimstone*, and half an Ounce of *Sal Prunellæ*; and anoint the Parts so long as there is Need:
425. Or, add a Pint of Juice of *Houfeleek*, and half a Pint of *Verjuice*, to a Pint and a half

* In this Disease the Skin in many Parts is covered with rough, whitish, scaly Pustules, and if these are rubbed off, with a Kind of scaly Scurf.

a half of Possiet-drink. Drink up this in twenty-four Hours.—It cures also the Quinsy, and all Sorts of white Swellings on the Joints:

426. Or, drink for a Month a Decoction of *Elm Bark*, Morning and Evening.

CXXXIII. The LETHARGY.

427. Snuff strong *Vinegar* up the Nose:

428. Or, Powder of *white Hellsbore*:

429. Or, take half a Pint of Decoction of *Savoury*, Morning and Evening:

430. Or, of Infusion of *Water-Cresses*:

CXXXIV. LICE (to kill.)

431. Sprinkle *Spanish Snuff* over the Head:

432. Or, wash it with a Decoction of *Amaranth*:

CXXXV. For one seemingly KILL'D with LIGHTNING, or a DAMP, or SUFFOCATED.

433. Plunge him immediately into *cold Water*:

434. Or, blow strongly with Bellows down his Throat.—This may recover a Person seemingly drowned.

CXXXVI.

CXXXVI. LUES VENEREA.

435. Take an Ounce of *Quicksilver* every Morning, and a Spoonful of *Gas* of *Sulphur* in a Glafs of Water at five in the Afternoon. I have known a Person cured by this, when supposed to be at the Point of Death, who had been infected by a foul Nurse, before she was a Year old.—I insert this for the Sake of such *innocent* Sufferers.

CXXXVII. LUNACY.

436. Give Decoction of *Agrimony* four Times a Day.
437. Or, rub the Head several Times a Day with *Vinegar*, in which *Ground-ivy* Leaves have been infused :
438. Or, boil Juice of *Ground-ivy* with *sweet Oil* and *white Wine* into an Ointment. Shave the Head, anoint it therewith, and chafe it in warm, every other Day for three Weeks. Bruise also the Leaves and bind them on the Head, and give three Spoonfuls of the Juice warm every Morning.—This generally cures Melancholy.

CXXXVIII. RAGING MADNESS.*

439. Apply to the Head Cloths dipt in *cold Water* :

440. Or,

* It is a sure Rule, that all Madmen are Cowards, and may be conquered by binding only, without beating.—Dr. Mead.

440. Or, set the Patient with his Head under a great *Water-fall*, as long as his Strength will bear: Or, pour Water on his Head out of a Tea-kettle:
441. Or, let him eat nothing but *Apples* for a Month.

CXXXIX. The BITE of a MAD DOG.

442. Plunge into *cold Water*, daily for twenty Days, and keep as long under it as possible. This has cured, even after the *Hydrophobia* was begun:*
443. *Galen* says, none ever failed of a Cure who took two Spoonfuls of *Ashes of Craw-Fish* daily for forty Days:
444. Or, apply Juice of *Dracuntia* mixt with *Vinegar*, outwardly, and drink of the same Morning and Evening, five or six Days:
445. Mix powder'd *Liver-wort* four Drams, *black Pepper* two Drams. Divide this into four Parts, and take one in warm Milk for four Mornings fasting.

CXL. The MEASLES. *

446. Drink only thin *Water-gruel*, or *Milk* and

* If this is really a Nervous Disorder, what Wonder, if it should be cured by *Cold Bathing*?

* This Distemper is always preceded by a violent Cough, often fourteen Days before the red Spots come out.

and Water, the more the better; or,
Toast and Water.

447. If the Cough be very troublesome, take frequently a Spoonful of Barley-water sweetened with *Oil of sweet Almonds* newly drawn, mixt with Syrup of *Malden-bair*.

448. After the Measles, for some Weeks, take Care of catching Cold, use light Diet, and drink Barley-water instead of Malt-drink.

CXLI. MENSES OBSTRUCTED.

449. Take half a Pint of strong Decoction of *Penny-royal* every Night at going to Bed:

450. Or, a Spoonful of Juice or Syrup of *Brooklime*, Morning and Evening:

451. Or, a Tea-spoonful of *Columbine-seeds* powder'd, thrice a Day:

452. Or, boil five large Heads of *Hemp* in a Pint of Water to half. Strain it, and drink it going to Bed two or three Nights. It seldom fails:

453. Or, take from eight to twelve Grains of *Calomel*, in a Pill, for two or three Nights, taking Care not to catch Cold. It vomits and purges.

454. Or, burn a little *Sulphur of Antimony* on a Chafing Dish of Coals, and receive the Smoke by a Funnel. In a few Minutes it will take Effect.

☞ Let any of these Medicines be used at the *regular* Time, as near as can be judged.

CXLII. MENSES NIMI.

455. Drink Nothing but *cold Water*, with a Spoonful of fine Flour stirred in it. At the Time, drink a Glass of the coldest Water you can get, and apply a thick Cloth dipt in *cold Water*:
456. Or, put the Feet into *cold Water*:
457. Or, apply a Sponge dipt in *Red Wine* and *Vinegar*:
458. Or, *bleed* in the Arm. Stop the Orifice often with the Finger, and then let it bleed again:
459. Or, Boil four or five Leaves of the *Red Holy Oak* in a Pint of Milk, with a small Quantity of Sugar. Drink this in the Morning; if the Person can afford it, he may add a Tea-spoonful of *Balm of Giliad*:
460. Or, after a small *Rhubarb* Purge, boil the Peel of seven *Sicilian Oranges* in three Pints of Spring Water to a Quart. Take ten Spoonfuls sweetened with white Sugar, four Times a Day:
461. Or, use daily Decoction, Syrup, or Powder of *Horse-tail*, *Nettles*, or *Martine*.

CXLIV.

CXLIII. To resolve COAGULATED MILK.

462. Cover the Woman with a Table-cloth, and hold a Pan of *hot Water* just under her Breast; then stroke it three or four Minutes. Do this twice a Day 'till it is cured.

CXLIV. To increafe MILK.

463. Drink a Pint of *Water*, going to Bed:
464. Or, drink largely of Pottage made with *Lentils*.

CXLV. To make MILK agree with the STOMACH.

465. If it lie heavy, put a little *Salt* in it; if it curdle, *Sugar*. For Bilious Persons, mix it with *Water*.

CXLVI. An old stubborn PAIN in the BACK.

466. Steep Root of *Water-Fern* in Water, 'till the Water become thick and clammy. Then rub the Parts therewith Morning and Evening.

CXLVII.

CXLVII. The Palsy.

467. Use the *cold Bath*, if you are under Fifty, rubbing and sweating after it:
 468. Or, shred *white Onions*, and bake them gently in an earthen Pot, 'till they are soft. Spread a thick Plaister of this, and apply it to the benumb'd Part, all over the Side, if need be. *I.*
 469. Or, take *Tar-water*, Morning and Evening:
 470. Or, boil *white* and *red Sage*, a Handful of each in a Quart of *white Wine*. Strain and bottle it. Take a small Glass Morning and Evening. This helps all Nervous Disorders:
 471. Or, apply to the Parts boil'd *Sage-leaves* hot; and drink Decoction of *Sage* Morning and Evening:
 472. Or, of *Water-dock*, applying the *boil'd Leaves*.

CXLVIII. Palsy of the HANDS.

473. Wash them often in Decoction of *Sage* as hot as you can bear:
 474. Or, boil a Handful of *Elder-leaves*, and two or three Spoonfuls of *Mustard-seed*

H

in

A *Palsy* is the Loss of Motion or Feeling, or both any particular Part of the Body.

in a Quart of Water. Wash often in this, as hot as may be.

CXLIX. PALSY of the MOUTH.

475. After Purging well, chew *Mustard-seed* often:

476. Or, hold in your Mouth half an Ounce of *Spirit of Lavender*:

477. Or, gargle with Juice of *Wood-sage*.

CL. PALSY from working with WHITE LEAD or VERDIGREASE.

478. Use *warm Baths* and a *Milk Diet*.

CLI. The PALPITATION or BEATING of the HEART.

479. Drink a Pint of *cold Water*:

480. Or, apply outwardly a Rag dipt in *Vinegar*:

481. Or, take a Decoction of *Mother-wort* every Night.

CLII. The PILES, (to prevent.)

482. Wash the Parts often with *cold Water*.

CLIII. The PILES, (to cure.)

483. Apply warm *Treacle*:

484. Or

484. Or, a *Tobacco-leaf* steep in Water twenty-four Hours:
485. Or, a Poultis of boil'd *Brook-lime*. It seldom fails:
486. Or, a bruised *Onion* skin'd; or roasted in *Ashes*. It perfectly cures the dry Piles:
487. Or, *Leeks* fried in Butter:
488. Or, *Varnish*. It perfectly cures both the blind and bleeding Piles. I.

CLIV. The INWARD PILES.

489. Drink largely of *Treacle* and *Water*:
490. Drink a Spoonful of Juice of *Yarrow*, or of *Leeks*, three or four Mornings. I.

CLV. The PLAGUE, (to prevent.)

491. Eat *Marigold Flowers* daily, as a Salad, with Oil and *Vinegar*:
492. Or, a little of the Tops of *Rue* with Bread and Butter, every Morning:
493. Or, infuse *Rue*, *Sage*, *Mint*, *Rosemary*, *Wormwood*, of each a Handful, in two Quarts of the sharpest *Vinegar*, over warm Embers for eight Days. Then strain it through a Flannel, and add half an Ounce of *Campfire*, dissolved in three Ounces of rectified *Spirits of Wine*. With this wash the Loins, Face, and Mouth, and snuff a little up the Nose when you go abroad. Smell to a Sponge dipt therein,

therein, when you approach infected Persons or Places.

CLVI. The PLAGUE, (to cure.)

494. *Cold Water* alone, drank largely, has cured it:
495. Or, an Ounce or two of the Juice of *Marigolds*:
496. Or, take a Dram of *Angelica* powder'd every six Hours. It is a strong Sweat:
497. Or, after bleeding fifty or sixty Ounces, drink very largely of *Water* sharpened with Spirit of *Vitriol*:
498. Or, a Draught of *Brine* as soon as seized; sweat in Bed; take no other Drink for some Hours.
499. Use *Lemon-juice* largely in every Thing.

CLVII. The PLEURISY.*

500. Apply to the Side *Onions* roasted in the Embers mixt with *Cream*:
501. Or, take out the Core of an Apple, fill it with white *Frankincense*; stop it close with the Piece you cut out, and roast it in Ashes. Mash and eat it, I.
502. Or, a Glass of *Tar-water*, warm, every half Hour:
503. Or,

* A *Pleurisy* is a Fever attended with a violent Pain in the Side, and a Pulse remarkably hard.

503. Or, of Decoction of *Nettles*; and apply the Herb hot, as a Poultis. I.

CLVIII. To one POISON'D.

504. Give one or two Drams of *distill'd Verdigrease*: It vomits in an Instant.

CLIX. A PRICK or CUT that festers.

505. Apply *Turpentine*.

CLX. An easy PURGE.

506. Drink a Pint of warmish *Water* fasting, walking after it:

507. Or, infuse from half a Dram to two Drams of *Damask Rose-leaves* dried, in half a Pint of warm *Water*, for twelve Hours:

508. Or, infuse three Drams of *Senna*; and a Scruple of *Salt of Tartar*, in half a Pint of *River Water* for twelve Hours. Then strain and take it in the Morning.

CLXI. A stronger PURGE.

509. Drink half a Pint of strong Decoction of *Dock-root*:

510. Or, two Drams of the powder'd Root of *Monks Rhubarb*, with a Scruple of *Ginger*.

CLXII. The QUINSY.^a

511. Apply a large White-bread Toast, half an Inch thick, dipt in *Brandy*, to the Crown of the Head 'till it dries:
512. Or, drink a Quart of cold *Water* lying down in Bed:
513. Or, swallow slowly *white Rose-water*, mixt with Syrup of *Mulberries*:
514. Or, Juice or Jelly of *black Currants*, or Decoction of the Leaves or Bark. *L.*
(See likewise Art. 453.)

CLXIII. The RHEUMATISM.^b

515. Use the *cold Bath*, with Rubbing and Sweating:
516. Or, rub in warm *Treacle*, and apply to the Part a brown Paper smeared therewith: Change it in twelve Hours:
517. Or, drink very largely of *warm Water* in Bed:
518. Or, *Tar-water*, Morning and Evening:
519. Or, steep six or seven Cloves of *Garlick* in half a Pint of *white Wine*. Drink it lying down. It sweats, and frequently cures at once:

520. Or,

^a The *Quinsy* is, A Fever attended with Difficulty of Swallowing, and often of Breathing.

^b Rheumatical Pains are generally most violent as soon as you are warm in Bed.

520. Or, mix Flour of *Brimstone* with *Honey*, equal Quantities. Take three Tea-spoonfuls at Night, two in the Morning; and one afterwards, Morning and Evening, 'till cured. This succeeds oftner than any Remedy I have found:

521. Or, take Morning and Evening, as much *Lignum Guaiacum* powder'd, as lies on a Shilling:

522. Or, as much Flour of Sulphur, washing it down with Decoction of *Lignum Guaiacum*:

523. Or, live on *New Milk Whey* and white Bread for fourteen Days. This has cured in a desperate Case.

CLXIV. TO RESTORE the STRENGTH after a RHEUMATISM.

524. Make a strong Broth of *Cow-beels*, and wash the Parts with it warm twice a Day. It has restored one who was quite a Cripple, having no Strength left either in his Leg, Thigh, or Loins.

CLXV. The RICKETS, (to prevent or cure.)

525. Wash the Child every Morning in cold Water.

CLXVI.

CLXVI. RING WORMS.

526. Rub them with Oil of Paper :
 527. Or, with Juice of House-leek;
 528. Or, wash them with Decoction of Soap-
 wort; or Hungary-water camphorated.

CLXVII. RUNNING at the NOSE.

529. Snuff up a Tea-spoonful of Spirit of
 Hartshorn.

CLXVIII. A RUPTURE.

530. Take Agrimony, Spleen-wort, Solomon's
 Seal, Strawberry-Roots, a Handful each;
 pick and wash them well; stamp and boil
 them two Hours, in two Quarts of white
 Wine in a Vessel close stopt. Strain and
 drink a large Glass of this every Morning,
 and an Hour after drink another. It com-
 monly cures in a Fortnight. A good
 Truss mean Time is of great Use.

CLXIX. A FRESH RUPTURE.

531. Take Decoction of Plantane-leaves,
 Morning and Evening.

CLXX. A RUPTURE in CHILDREN.

532. Boil a Spoonful of *Egg-shells* dried in an Oven, and powder'd, in a Pint of Milk to three Quarters of a Pint. Feed the Child constantly with Bread boiled in this Milk.

CLXXI. A WINDY RUPTURE.

533. Warm *Cow-dung* well. Spread it thick on Leather, strowing some *Cummin-seeds* on it, and apply it hot. When cold put on a new one. It commonly cures a Child (keeping his Bed) in two Days.

CLXXII. A SCALD HEAD.

534. Anoint it with *Barbadoes Tar*.

CLXXIII. The SCIATICA.*

535. Is certainly cured by a Purge taken in a few Hours after it begins :
 536. Or, use *cold Bathing*, and sweat, together with the *Flesh-brush* twice a Day.
 537. Or, apply *Leaves of Ranunculus* bruised for six Hours :
 538. "Many have been cured in four or five Days, only by drinking half a Pint of *cold Water*

* The *Sciatica* is a violent Pain in the Hip, chiefly in the Joint of the Thigh-bone.

Water daily, in the Morning, and at Four in the Afternoon."

539. Or, apply pounded Roots of *Burdock* and of *Elecampane* cold. This usually cures, if kept on twenty-four Hours; but it gives Pain:

540. Or, boil *Nettles* till soft. Foment with the Liquor, then apply the Herbs as a Poul-tis.—I have known this cure a Sciatica of forty-five Years standing:

541. Or, boil *Calamint*; apply this as a Poul-tis, shifting it daily. Mean Time drink a Decoction of it Morning and Evening.

542. Or, apply Flannels dipt in *stale Lie*, boil'd with Salt, as hot as you can bear, for an Hour.

CLXXIV. Inflammations or Swellings of the SCROTUM.

543. Wash it thrice a Day with strong Decoction of *Agrimony*.

CLXXV. A SCORBUTICK ATROPHY.*

544. Use cold Bathing: Which also cures all.

CLXXVI. SCORBUTICK PAINS.

CLXXVII. SCORBUTICK SORES.

345. Put

* Such a Degree of the Scurvy, as causes the Flesh to waste away, like a Consumption.

545. Put half a Pound of fresh shaved *Lignum-vitæ*, and half an Ounce of *Senna* into an Earthen Pot, that holds six Quarts. Add five Quarts of soft Water, and lute the Pot close. Set this in a Kettle of cold Water, and put it over a Fire, 'till it has boiled three Hours. Let it stand in the Kettle 'till cold. When it has stood one Night, drink daily half a Pint, new Milk warm, fasting, and at Four in the Afternoon. Wash with a little of it. In three Months all the Sores will be dried up.

CLXXVIII. The SCURVY.

546. Live on *Turnips* for a Month:
 547. Or, on an entire *Milk Diet*, for six Months:
 548. Or, take *Tar-water* Morning and Evening, for three Months:
 549. Or, Infusion of *Horse-Radish*:
 550. Or, Decoction of great *Water Dock*:
 551. Or, three Spoonfuls of *Nettle Juice* every Morning:
 552. Or, infuse dried *Dock Roots* in your common Drink:
 553. Or, use Infusion or Powder of *Wall-rue* Morning and Evening.—See Art. 419.

554. Or,

* The *Scurvy* is known by Heaviness of Body. Weariness, Rottenness of Gums, and yellow, lead or violet colour'd Spots on the Legs.

554. Or, pound into a Pulp *Sevil Oranges* sliced, Rind and all, and Powder Sugar, equal Quantities. Take a Tea-spoonful three or four Times a Day. I.

555. Water and Garden Cresses, Mustard, and Juice of Scurvy-grass help in a cold Scurvy:

556. When there is a continual salt Taste in the Mouth, take a Pint of *Lime-water* Morning and Evening.

CLXXIX. A Broken SHIN.

557. Bind a dry *Oak-leaf* upon it.

CLXXX. The SHINGLES.^f

558. Drink a Pint of *Sea-water* every Morning for a Week; toward the Close, bathe also.

CLXXXI. SICKISHNESS in the MORNING.

559. Eat nothing after Six in the Evening.

CLXXXII. SKIN RUBBED OFF.

560. Apply pounded *Self-heal*.—It seldom needs repeating.

CLXXXIII.

^f A Kind of *Ring-Worm*, which incircles the Body, like a Belt, of an Hand's-Breadth.

CLXXXIII. SMALL POX.

561. Drink largely of *Toast and Water*:
 562. Or, let your constant Drink be *Milk* and *Water* mixt.
 563. The best Food is *Milk* and *Apples*:
 564. Or, *Bread* dipt in *Milk* and *Water*.
 565. Take Care to have a free, pure, and cool Air. Therefore open the Casement every Day, only do not let it chill the Patient.
 566. If they strike in, and Convulsions follow, drink a Pint of *cold Water* immediately. This instantly stops the Convulsions, and drives out the Pock.

CLXXXIV. A SORE MOUTH.

567. Apply the White of an *Egg*, beat up with *Loaf-Sugar*:
 568. Or, gargle with *Juice of Cinquefoil*.

CLXXXV. A SORE THROAT.

569. Take a Pint of *cold Water*, lying down in Bed:
 570. Or, apply a Chin-stay of *roasted Figs*:
 571. Or, a Flannel sprinkled with *Spirits of Harts-horn* to the Throat, and rub *Hungary-water* on the Top of the Head:
 572. Or, gargle with *Rose-water*, and Syrup of *Mulberries*:

573. Or, snuff a little *Honey* up the Nose.
 574. An old Sore Throat was cured by living wholly on *Apples* and *Apple-water*.

CLXXXVI. A SPRAIN.

575. Hold the Part in very cold Water for two Hours:
 576. Or, apply Cloths dipt therein, four Times doubled, for two Hours, changing them as they grow warm:
 577. Or, bathe it in good *Crab Verjuice*:
 578. Or, steep it with one Spoonful of *Brandy*, to one of *Vinegar*, and four of *Water*:
 579. Or, boil *Bran* in *Wine Vinegar* to a Poultis. Apply this warm, and renew it once in twelve Hours:
 580. Or, boil eight Ounces of *Castile-soap* and as much *Bay-salt* in four Quarts of Water. Put the Part sprained into this for half an Hour; or, foment with it:
 581. Or, mix a little *Turpentine* with Flour and the Yolk of an Egg; and apply it as a Plaster.

CLXXXVII. A VENOMOUS STING.

582. Apply a little *Venice Treacle*:
 583. Or, a Poultis of bruised *Plantane* and *Honey*:

584. Or,

584. Or, take inwardly, one Dram of *black Currant-leaves* powder'd. It is an excellent Counter-poison.

CLXXXVIII. The STING of a BEE.

585. Apply *Honey*.

CLXXXIX. The STING of a NETTLE.

586. Rub the Part with Juice of *Nettle*.

CXC. THE STING of a WASP.

587. Rub the Part with bruised Leaves of *House-leek*:

588. Or, of *Water-cresses*:

589. Or, of *Rue*:

590. Or, apply *Venice Treacle*.

CXCI. The STING of a BEE or WASP in the EYE.

591. Apply *Carduus* bruised, with the White of an Egg. Renew it if it grows dry.

CXCII. A STITCH in the SIDE.

592. Apply *Treacle* spread on a hot Toast.

CXCIII. FREQUENT OR VIOLENT STITCHES.

593. Drink Decoction of *Nettles*, and apply the Herbs hot:
 594. Or, boil two or three Sprigs of *Pennyroyal* in a Pint of Milk. Drink the Milk and apply a Poultis of the Herbs hot:
 595. Or, take a Tea-spoonful of *Irish Slate* finely scraped.

CXCIV. ACCIDENTAL SICKNESS, OR PAIN in the STOMACH.

596. *Vomit* with a Quart or more of *warm Water*. Do this twice or thrice, omitting a Day between.

CXCV. PAIN in the STOMACH from BAD DIGESTION.

597. Take Fasting, or in the Fit, half a Pint of *Camomile Tea*. Do this five or six Mornings:
 598. Or, drink the Juice of half a large *Lemon* immediately after Dinner every Day: Dr. MEAD.
 599. Or, from twenty to forty Drops of *Elixir of Vitriol* in *Sage Tea*, twice or thrice a Day:
 600. Or, in the Fit, a Glass full of *Vinegar*.

CXCVI. CHOLERICK, HOT PAINS in
the STOMACH.

601. Take half a Pint of the Decoction of
Ground-ivy, with a Tea-spoonful of the
Powder of it, five or six Mornings. I.

CXCVII. COLDNESS of the STOMACH.

602. Take a Spoonful of the Syrup of the
Juice of *Carduus Benedictus*, fasting, for
three or four Mornings. I.

CXCVIII. PAIN in the STOMACH, with
COLDNESS and WIND.

603. Swallow five or six Corns of *white*
Pepper, for fix or seven Mornings.

CXCIX. The STONE, (to prevent.)

604. Eat a thin Slice of dry *Bread* every
Morning:

605. Or, drink a Pint of *warm Water* daily
just before Dinner. After discharging one
Stone, this will prevent the generating of
another.

606. Stoop down, and raise yourself up
again. If you feel Pain, as if cut thro'
the Middle, the Pain is not from the
Stone, but *Rheumatism*.

607. Beware of Costiveness. Use no violent Diuretics. Mead is a proper Drink.
608. In the Fit, slice a large *Onion*; pour half a Pint of warm Water upon it. After it has stood twelve Hours, drink the Water. Do this every Morning 'till you are well.

CC. In a RAGING FIT:

609. Boil *Onions* in *Wine* and *Sallad Oil*. Apply this as a Poultis, part to the Back, and part to each Groin. It gives speedy Ease in the most racking Pain:
610. Or, in Extremity, give a Clyster with Oil of *Turpentine*.

CCI. The STONE, (to ease or cure.)

611. Take Decoction of *Agrimony* Morning and Evening:
612. Or, of *Camomile*:
613. Or, boil half a Pound of *Parsnips* in a Quart of Water. Drink a Glass of this Morning and Evening, and use no other Drink all the Day. It usually cures in six Weeks:
614. Or, take daily four Pints of *Lime-water*, made by pouring four Quarts of Water on a Pound of fresh calcined *Oyster-shells* and *Cockle-shells*.

616. Or,

615. " Or, take Morning and Evening a Tea-spoonful of *Onions* calcin'd into white Ashes, in *white Wine*. An Ounce will dissolve the Stone :"

616. Or, take a Tea-spoonful of *Violet-seed* powdered, Morning and Evening. It both wastes the Stone, and brings it away :

617. Or, burn the dried *Shells* of *Kidney Beans* to Powder. Put two Tea-spoonfuls of this into a half Pint Tea Pot. Pour boiling Water on it at Night. In the Morning pour it off clear, warm it again, and drink it, sweetened with *Honey*. Do this daily every other Fortnight 'till cured.

CCII. The STONE in the KIDNEYS.

618. Use the *cold Bath*: Or, drink half a Pint of Water every Morning:

619. Or, Decoction of *Speedwell* largely.

CCIII. STOPPAGE in the KIDNEYS.

620. Take a Spoonful of Juice or Syrup of *Ground-ivy*, Morning and Evening:

621. Or, of *Pellitory of the Wall*:

622. Or, of Juice of *Radishes*:

623. Or, half a Pint of *Tar-water*.

CCIV.

CCIV. The STRANGURY.

623. Use the *cold Bath* :
 624. Or, drink largely of Decoction of *Tur-nips* sweetened with *Honey* :
 626. Or, of warm *Lemonade* : I.
 627. Or, of Decoction of *Mallows* :
 628. Or, of Decoction of *red Nettle-seed* :
 629. Or, take a Tea-spoonful of *calcin'd Egg-shells*, Morning and Evening.

CCIV. SUNBURN, (smarting.)

630. Wash the Face with *Sage-tea*.

CCV. To stop PROFUSE SWEATING.

631. Drink largely of *cold Water*.

CCVI. Swelled GLANDS in the NECK.

632. Take half a Pint of *Sea-water* every other Day.

CCVII. SWELLED LEGS.

633. Bathe them every Morning in *cold Water*, and take an easy *Purge* twice a Week :
 634. Or, take *Wormwood*, *Southernwood* and *Rue*, stamp them together, and fry them in *Honey*, 'till they grow dry : Then apply them as hot as you can bear.

CCVIII.

CCVIII. A SWELL'D THROAT.

635. Gargle with Decoction of *Nettles* :

636. Or, of *Primrose-leaves*.

CCIX. A WHITE SWELLING (on the Joints.)

637. Hold the Part half an Hour every Morning, under the *Stream* that falls from a Mill ; or under a Pump or Cock.— This cures also any Pains in the Joints. It seldom fails.

638. Or, apply a Poultis of *Wormwood* fried with *Hogs Lard*.

CCX. To dissolve WHITE or HARD SWELLINGS.

639. Take *white Roses*, *Elder Flowers*, *Leaves* of *Fox-glove* and of *St. John's Wort*, a Handful each ; Mix with *Hogs Lard*, and make an Ointment.—(See likewise Art. 429.)

CCXI. To fasten the TEETH,

640. Chew often Roots of *Brook-Lime* :

641. Or, put powder'd *Allum* the Quantity of a Nutmeg, in a Quart of Spring Water, for twenty-four Hours. Then strain the Water and gargle with it :

642. Or,

642. Or, boil so much of *Allum* therein.
Strain and keep it for Use:

643. Or, gargle often with *Phyllyrea-Leaves*
boiled with a little *Allum*, in *Forge-water*.

CCXII. To clean the TEETH.

644. Rub them with *Asbes* of burnt *Breud*.

CCXIII. To prevent the TOOTH-ACH.

645. Wash the Mouth with *cold Water* every
Morning:

646. Or, rub the Teeth often with *Tobacco*
Asbes.

CCXIV. To cure the TOOTH-ACH.

647. Rub the Cheek a Quarter of an Hour:

648. Or, put a Clove of *Garlick* into the Ear:

649. Or, *Parsley* much bruised, with a little
Bay Salt:

650. Or, a Piece of *Plantane-Root*, fresh
dugged up, and washed:

651. Or, lay roasted Parings of *Turnips*, as
hot as may be, behind the Ear:

652. Or, put a Leaf of *Betony*, bruised, up
the Nose:

653. Or, lay bruised or boil'd *Nettles* to the
Cheek:

654. Or, a Bag filled with *hot Camomile*
Flowers:

645. Or,

655. Or, lay a Clove of *Garlick* on the Tooth:
656. Or, chew the Root of the *yellow Water Flower de Luce*: I.
657. Or, gargle with Decoction of *Mulberry Leaves*:
658. Or, put into the hollow Tooth, a little Cotton, dipt in *Lucatelli's Balsam*:
659. Or, a Drop or two of *Oil of Cloves* on Cotton:
660. Or, dissolve a Dram of crude *Sal Armoniac* in two Drams of *Lemon-juice*: Wet Cotton herein and apply:
661. Or, apply to the Cheek Gum *Tacamahac* spread on Silk:
662. Or, keep the Feet in *warm Water*, and rub them well with Bran, just before Bed-time:
663. Or, take an Ounce of *Rob* of Elder in Broth, and gargle with it.

CCXV. PAIN in the TESTICLES.

664. Apply *Pellitory* of the *Wall* beaten up into a Poultis, changing it Morning and Evening.

CCXVI. To draw out THORNS, SPLINTERS and BONES.

665. Apply *Nettle Roots* and Salt:
666. Or, *Turpentine* spread on *Leather*.

CCXVII. The THRUSH.*

667. Mix Juice of *Celandine* with *Honey*, to the Thickness of *Cream*. Infuse a little powder'd *Saffron*. Let this simmer a-while and scum it. Apply it (when needed) with a Feather. At the same Time give eight or ten Grains of *Rhubarb*.

CCXVIII. TORPOR (or Numbness) of the LIMBS.

668. Use the *cold Bath*, with Rubbing and Sweating.

CCXIX. TWISTING of the GUTS.

669. Many at the Point of Death have been cured by taking one, two or three Pounds of *Quicksilver* in Water.—*Pareus*.

CCXX. The TYMPANY or WINDY DROPSY.

670. Use the *cold Bath*, with Purges intermixt :

671. Or, mix the Juice of *Leeks* and of *Elder*. Take two or three Spoonfuls of this Morning and Evening.

CCXXI.

* Little, whitish Ulcers in the Mouth.

CCXXI. A VEIN or SINEW cut.

672. Apply the inner green Rind of *Hazle* fresh scraped.

CCXXII. The VERTIGO or SWIMMING in the HEAD.

673. Take a *Vomit* or two:

674. Or, use the *cold Bath* for a Month:

675. Or, drop Juice of *Pimpernell* into the Ear Morning and Evening:

676. Or, in a *May Morning*, about Sunrise, snuff up daily the *Dew* that is on *Mal-low Leaves*:

677. Or, apply to the Top of the Head, shaven, a Plaister of Flour of Brimstone, and White of Eggs:

678. Or, drink Morning and Evening half a Pint of Decoction of *Primrose-root*: *l.*

679. Or, of *Sage* washing also the Head therewith:

680. Or, take every Morning half a Dram of *Mustard-seed*.

CCXXIII. VIGILIA, INABILITY to SLEEP.

681. Apply to the Forehead for two Hours, Cloths four Times doubled, and dipt in *cold Water*:

K

682. Or,

682. Or, use the *cola Bath*.—It cures even in desperate Cases:

683. Or, apply to the Head, Leaves of *water Lillies*:

684. Or, a Poultis of *Henbane* and *Poppy-seeds* beaten together:

686. Or, use small Doses of *Campfire*. It is both safer and surer than *Opium*.

CCXXIV. Bite of a VIPER, or a RAT-TLE-SNAKE.

687. Rub the Place immediately with *common Oil*. *Quere*, Would not the same cure the Bite of a *mad Dog*? Would it not be worth while, to make the Trial on a *Dog*?

CCXXV. To prevent the Bite of a VIPER.

688. Rub the Hands with Juice of *Radishes*.

CCXXVI. AN ULCER.

689. Dry and powder a *Walnut Leaf*, and strew it on, and lay another *Walnut Leaf* on that:

690. Or, boil *Walnut-tree Leaves* in Water with a little Sugar. Apply a Cloth dipt in this, changing it once in two Days.

CCXXVI.

CCXXVII. AN INWARD ULCER.

691. Drink *Tar-water* Morning and Evening :

692. Or, Decoction of *Pimpernell*.

CXXVIII. ULCER in the BLADDER,
OF KIDNEYS.

693. Take Decoction of *Agrimony*, thrice a Day :

694. Or, Decoction, Powder, or Syrup of *Horse-tail*.

CCXXIX. A FISTULOUS ULCER.

695. Apply *Wood Betony* bruised, changing it daily :

696. Or, Leaves of *Water Dock* bruised.

CCXXX. A BLEEDING varicous ULCER
in the LEG.

697. Was cured only by constant cold Bathing.

CCXXXI. A MALIGNANT ULCER.

698. Foment Morning and Evening, with a Decoction of *Mint*. Then sprinkle on it finely powder'd *Rue* :

K 2

699. Or,

699. Or, apply Juice of *Pimpernell* boiled with the Herb.

CCXXXII. A STUBBORN ULCER.

700. Burn to Ashes (but not too long) the gross Stalks on which the *red Coleworts* grow. Make a Plaister with this and fresh Butter. Change it once a Day.

CCXXXIII. An easy and safe VOMIT.

701. Boil half a Handful of *Artickoke-leaves* in a Quart of Water. The more you drink of warm Water after it the better :

702. Or, a Dram and a half of *Primrose Root* powder'd : It is best if gather'd in *August*.

703. Or, infuse three Drams of *Radish-seed* in a Quart of warm Water for twelve Hours. Squeeze off the Water, and take it.

CCXXXIV. To stop VOMITING.

704. If the Vomiting be not the Effect of a Medicine ; after every Vomiting drink a Pint of warm Water :

705. Or, apply a large *Onion* slit, to the Pit of the Stomach : 1.

706. Or, take a Spoonful of *Lemon-juice* and six Grains of Salt of *Wormwood* :

707. Or,

707. Or, infuse an Ounce of *Quicksilver* in a large Glass full of Water for twenty-four Hours. Then drink the Water: I.

CCXXXV. BLOODY URINE.

708. Take a Quarter of a Pint of *Sheeps Milk* twice a Day:
709. Or, half a Pint of Decoction of *Agrimony*:
710. Or, of Decoction of *Tarrow*.

CCXXXVI. URINE by Drops with HEAT and PAIN.

711. Drink nothing but *Lemonade*:
712. Or, beat up the Pulp of five or six roasted *Apples* with near a Quart of Water. Take it at lying down. It commonly cures before Morning.

CCXXXVII. INVOLUNTARY URINE.

713. Use the *cold Bath*:
714. Or, take a Tea-spoonful of powder'd *Agrimony* in a little Water, Morning and Evening:
715. Or, a Quarter of a Pint of *Allom Posset*. Drink every Night:

CCXXXVIII. SHARP URINE.

716. Take two Spoonfuls of fresh Juice of *Ground-Ivy*.

CCXXXIX. SUPPRESSION of URINE.

717. Drink largely of warm *Lemonade*:
 718. Or, take a Spoonful of Juice of *Lemons*,
 sweeten'd with Syrup of *Violets*:
 719. Or, a Spoonful of Juice of *Radishes*:
 720. Or, two Spoonfuls of Juice of *Onions*.

CCXL. UVULA inflamed:

721. Gargle with a Decoction of beaten
Hemp-Seed:
 722. Or, with a Decoction of *Dandelion*.

CCXLI. UVULA relax'd.

723. Bruise the Veins of a *Cabbage-leaf*, and
 and lay it hot on the Crown of the Head.
 Repeat, if needed, in two Hours: I.
 724. Or, gargle with Decoction of *Water-
 Dock*:
 725. Or, with an Infusion of *Mustard-Seed*.

CCXLII. WARTS.

726. Rub them daily with a *Radish*:
 727. Or, with Juice of *Dandelion*:
 728. Or, of *Marigold Flowers*:
 729. Or, Water in which *Sal Armoniac* is
 dissolved.

CCXLIII.

This is usually called the Palate of the Mouth.

CCXLIII. The WHITES.

730. Feed sparingly. Use constantly Exercise. Sleep moderately, but never lying on your Back.

731. First bleed. Then purge thrice with twenty Grains of *Rhubarb* and five of *Calomel*.

732. Or, boil four or five Leaves of the *white Holy Oak*, in a Pint of Milk with a little Sugar. Then add a Tea-spoonful of *Balm of Gilead*. Drink this every Morning.

733. Make *Venice Turpentine*, *Flour* and five *Sugar*, equal Quantities, into small Pills. Take three or four of these Morning and Evening. This also cures most Pains in the Back.

734. Or, *Quick-silver* and *Gas of Sulphur*, as for an *Althina*. This seldom fails.

735. Or, after Purging, take about fifteen Grains of *Ceruse of Antimony* in *white Wine*, twice or thrice a Day.

CCXLIV. A WHITLOW.

736. Apply a Poultis of *chew'd Bread*. Shift it once a Day.

737. Or, a Plaister of *Ground ivy* stamp'd.

CCXLV. Weakness in the ANKLES.

738. Hold them in *cold Water* a Quarter of an Hour, Morning and Evening.

CCXLVI. WORMS.

739. Take a Spoonful of Salt in a Glass of Water every Morning:

740. Or, a Dram and a Half of Nitre in Broth. I.

741. Or, a Spoonful of Juice of *Spear-mint*:

742. Or, of Juice of *Lemons*:

743. Or, a Glass of *Onion-water*:

744. Or, boil an Ounce of *Quick-silver* in half a Pint of Spring-water. Use this for common Drink:

745. Or, take two Tea-spoonfuls of *Worm-seed* mixt with *Treacle*, for six Mornings:

746. Or, a Dram of powder'd *Fern-root*, boild in *Mead*. This kills both the flat and the round Worms. Repeat the Medicine from Time to Time.

CCXLVII.

A Child may be known to have the Worms, by Chillness, Paleness, hollow Eyes, itching of the Nose, starting in Sleep, and an unusually stinking Breath.—— Worms are never found in Children that live wholly on Milk.

CCXLVII. WOUNDS.

747. Apply Juice or Powder of *Yarrow*. *I.*
 748. Or, bind Leaves of *Ground-ivy* upon it:
 749. Or, bruised *Hyssop*, with a little Sugar:
 750. Or, *Wood-betony* bruised. This quickly heals even cut Veins or Sinews, and draws out Thorns or Splinters.
 751. Keep the Part in *cold Water* for an Hour, keeping the Wound closed with your Thumb. Then bind on the thin Skin of an *Egg-shell*, for Days or Weeks, 'till it falls off of itself. Regard not tho' it prick or shoot for a Time.

CCXLVIII. INWARD WOUNDS.

752. Infuse *Yarrow* twelve Hours in warm Water. Take a Cup of this four Times a Day. *I.*

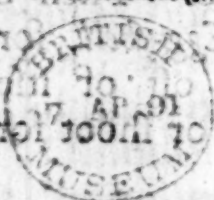
CCXLIX. PUTRID WOUNDS.

753. Wash them Morning and Evening with warm Decoction of *Agrimony*. If they heal too soon, and a Matter gather underneath, apply a Poultis of the Leaves pounded, changing them once a Day 'till well.

CCL. WOUNDED TENDONS.

754. Boil Comfrey Roots to a thick Mucilage, and apply this as a Poultice, changing it once a Day.

755. Boil Comfrey Roots to a thick Mucilage, and apply this as a Poultice, changing it once a Day.



CCXLVIII. INWARD WOUNDS.



756. Wash them morning and Evening with warm Decoction of Agave. If they heal too soon, and a Matter gather underneath, apply a Poultice of the leaves pounded, changing them once a Day till well.



GOLD-BATHING

Cures YOUNG CHILDREN OF

CONVULSIONS,
 Coughs,
 Cutaneous Inflammations, Pimples, and
 Scabs,
 Gravel,
 Gripes,
 Inflammations of the Ears, Navel, or
 Mouth,
 Rickets,
 Suppression of Urine,
 Vomiting,
 Want of Sleep.

It prevents the Growth of Hereditary

Apoplexies,
 Asthma's,
 Blindness,
 Consumptions,
 Deafness,
 Deliria,

Gout,

Gout,
King's-Evil,
Melancholy,
Palsies,
Rheumatism,
Stone.

It cures every Nervous,* and every Paralytick Disorder: In particular,

The Asthma, Ague of every Sort,
Atrophy,
Blindness,* Cancer,
Chorea Sancti Viti, Chin-cough,
Coagulated Blood after Bruises,*
Consumption, Convulsions, Coughs,
Complication of Distempers,
Convulsive Pains,*
Deafness,* Dropsy,
Epilepsy,
Fluor Albus, Violent Fevers,
Gout, (running)
Hectick Fevers, Hemicrania,
Hysterick Pains,*
Incubus, Inflammations,*
Involuntary Stool, or Urine,*
Lameness, (old) Leprosy, Lethargy,
Loss of Appetite,* of Smell,* Speech,*
Taste,*

Nephritick

* And this, I apprehend, accounts for its frequently curing the *Bite* of a *mad Dog*; especially if it be repeated for twenty-five or thirty Days successively.

Nephritick Pains,
Palpitation of the Heart,
Pain in the Back, Joints,* Stomach,
Rheumatifms,* Rupture,
Suffocations, Sciatica,*
Surfeits, (at the Beginning)
Scorbutick Pains,*
Swelling on the Joints,
Stone in the Kidneys,
Torpor of the Limbs, even when the Use
of them is lost,
Tetanus, Tympany,
Vertigo, St. Vitus' Dance, Vigilia, Va-
ricous Ulcers.

But in all Cases, where the Nerves are obstructed, (such as are those marked thus*) you should go to Bed immediately after, and sweat.

'Tis often useful, to use the *Hot Bath* a few Days, before you use the *Cold*.

Wise Parents should dip their Children in cold Water every Morning, 'till they are three Quarters old; and afterward, their Hands and their Feet.

N. B. No Child should ever be swath'd tight. It lays the Foundation for many Diseases. — 'Tis best to wean a Child at seven Months old.

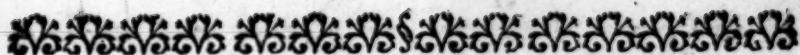
Washing

Washing the Head every Morning in cold Water, prevents Rheums, and cures Coughs, old Head-achs, and sore Eyes.

Water-Drinking prevents Apoplexies, Asthma's, Convulsions, Gout, Hysterick Fits, Madness, Palsies, Stone, Trembling. To this Children should be bred up from their Cradles.

F I N I S.





POSTSCRIPT.

1. *IT* was a great Surprize to the Editor of the following Collection, That there was so swift and large a Demand for it; that three Impressions were called for in four or five Years; and that it was not only re-published by the Booksellers in a neighbouring Nation, but also inserted by Parts in their publick Papers, and so propagated through the whole Kingdom. This encouraged him carefully to revise the Whole, and to publish it again, with several Alterations, which it is hoped may make it of greater Use to those who love Common Sense and Common Honesty.

2. Those Alterations are still in Pursuance of my first Design, To set down cheap, and safe, and easy Medicines; easy to be known, easy to be procured, and easy to be applied by plain, unlettered Men. Accordingly, I have omitted a considerable Number, which, though cheap and safe, were not so common or well known; and have added almost an equal Number, to which that Objection cannot be made: Which are not only of small Price, and extremely safe, but likewise easily to be found, if not in every House or Yard, yet in every Town and almost Village throughout the Kingdom.

3. It is because they are not safe, but extremely dangerous, that I have wholly omitted (together with Antimony) the four Herculean Medicines, Opium, the Bark, Steel, and the various Preparations of Quick-silver. Herculean indeed! Far too strong for Common Men to grapple with. How many fatal Effects have these produced, even in the Hands of no ordinary Physicians? With Regard to four
of

of these, the Instances are glaring and undeniable. And whereas Quick-silver, the fifth, is in its native Form, as innocent as Bread or Water, has not the Art been discovered, so to prepare it, as to make it the most deadly of all Poisons? These, Physicians have justly termed edged Tools. But they have not yet taught them to wound at a Distance: And honest Men are under no Necessity of touching them, or coming within their Reach.

4. Instead of these, I have once more ventured to recommend to Men of plain, unbiassed Reason, such Remedies as Air, Water, Milk, Whey, Honey, Treacle, Salt, Vinegar, and common English Herbs, with a few foreign Medicines, almost equally cheap, safe, and common. And this I have done on that Principle, whereby I desire to be governed in all my Actions, "Whatsoever ye would that Men should do unto you, the same do unto them."

5. At the Request of many Persons, I have likewise added plain Definitions of most Distempers; not indeed accurate or philosophicall Definitions, but such as are suited to Men of ordinary Capacities, and as may just enable them, in common, simple Cases, to distinguish one Disease from another. In uncommon or complicated Diseases, or where Life is more immediately in Danger, I again advise every Man, without Delay, to apply to a Physician that fears God.

BRISTOL, Oct. 16,

1755.



